MATTHEWS FRIENDS

England & Wales · Charity number 1108016

Details

Status	Registered
Legal form	Other
Registered	2005-02-09
Register	View on the Charity Commission register

Contact

Address	c/o Young Epilepsy St Piers Lane Lingfield Surrey RH7 6PW
Phone	01342 836571
Email	enq@matthewsfriends.org
Website	www.matthewsfriends.org

Activities

Objects: The relief of people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndromeby providinga) Information and advice on the Ketogenic Diet (an alternative treatment to medication), and support for patients/parents/carers once on the diet, andb) Any charitable means which the trustees decide including:a) To publicise Ketogenic Dietary Therapies and make them more available to all those who should need it, be it child or adult.b) Together with our medical board, give parents and patients an informed choice about the Ketogenic Diet and to source and provide the latest information available.c) To support families and patients through their dietary therapy.d) To support professionals in their administration of dietary therapies by way of literature, ketogenic starter packs and files, educational conferences and training meetings and provide funding, where possible.e) To support Research projects into the efficacy of these dietary treatments for use in Epilepsy and other conditions, working with medical professionals to ensure our information is safe, relevant and current.

Activities: To publicise the ketogenic diet and make it a first line treatment for childhood epilepsy instead of a last resort.To give parents and informed choice and an alternative to medicationTo support parents/carers and children once on the diet.To provide finding to help with education and training in the administration of the ketogenic diet to make it more available

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Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Human Resources, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£68,301	£160,572	-	-
2024-03-31	£97,385	£214,248	-	-
2023-03-31	£133,922	£169,900	-	-
2022-03-31	£476,637	£488,861	-	-
2021-03-31	£111,800	£141,085	-	-

Trustees

Name	Role	Appointed
JULIE FRANCES FOUNTAIN	Chair	
RICHARD ALDRIDGE		
VALERIE MARY ALDRIDGE		

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MATTHEWS FRIENDS

England & Wales - Charity number 1108016

Accounts

CHARITY REGISTRATION NUMBER: 1108016

Matthews Friends Charity

Unaudited Financial Statements

31 March 2025

Matthews Friends Charity

Financial Statements

Year ended 31 March 2025

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Matthews Friends Charity

Trustees' Annual Report

Year ended 31 March 2025

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

Reference and administrative details

Registered charity name	Matthews Friends Charity
Charity registration number	1108016
Principal office	@ Young Epilepsy St Piers Lane Lingfield Surrey
The trustees	
	Mrs J Fountain Mrs V Aldridge Mr R Aldridge
Independent examiner	Mrs A Maguire FCA 10 Clovelly Avenue Warlingham Surrey CR6 9HZ

Structure, governance and management

Nature of the Governing Document and constitution of the charity

Matthews Friends is registered as a charity with the Charity Commission and is constituted under an original Declaration of Trust dated 25th October 2004 and supplemental deeds dated 24th November 2004 and 20th April 2011. The trustees approved an additional supplemental trust deed dated 31 May 2023.

This deed consolidated the original and earlier supplemental deeds but also amended to objectives of the charity to reflect the wider application of the Ketogenic Diet to all people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndrome. As this change included an amendment to the stated objectives of the charity, prior permission for the change was granted by the Charity Commission.

The organisational structure of the charity and how decisions are made

The board of trustees consisted of 3 individuals at 31st March 2025. The minimum number of trustees is 3 and the maximum number of trustees is 7.

All policy decisions are made by the Board by majority vote. In addition, there are sub-committees to organise and manage various events. There are regular board meetings throughout the year to discuss charity matters, culminating in an AGM.

Structure, governance and management ***(continued)***

The methods adopted for the recruitment, appointment, induction and training of new trustees

The appointment of Trustees is governed by the Declaration of Trust dated 25th October 2004 which established the Charity ("the Trust Deed") and subsequent supplemental deeds. Subject to the usual qualifications regarding mental capacity and the requirement that a Trustee must act in the best interests of the Charity at all times, the Trust Deed provides that founding Trustees shall be entitled to hold office for life with all other Trustees being appointed for 4-year terms. All Trustees must be aged 18 and over and there must at all times be a minimum of 3 Trustees. Under the Trust Deed a Trustee may also be appointed or removed by resolution of the Trustees.

Potential trustees make it known to the board that they are interested in becoming a trustee, or they are approached by an existing Trustee.

- They are invited to attend a meeting to discuss the benefits they can bring to the charity.

- Existing trustees vote on whether the candidate is suitable.

- If the candidate is suitable, they are offered a position.

- The candidate then decides whether they will accept the position.

- Once accepted, the trustee is given promotional literature about the charity and directed to the charity website for further background information.

- New trustees are invited and encouraged to attend an introductory meeting with the management to meet the team and understand the charity structure. They are encouraged to ask questions and are given information about their obligations as trustees of the charity.

Conflict of Interest

Trustees are required to advise the other trustees where they have any personal interest in any activity or transaction of the charity and exclude themselves from any related discussions or voting.

Risk Management

The trustees have conducted a review of the major risks to which the charity is exposed.

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. External risks to funding have been considered and a strategic plan which will allow for the diversification of funding and activities has been developed. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and activities

The objectives and main activities of the Charity are expressed in the Trust Deed and are "the general purposes of such charitable bodies or for such other purposes as shall be exclusively charitable as the Trustees may from time to time decide". As noted the Trust Deed was amended subsequent to the year end to reflect the wider application of the ketogenic diet.

The objectives and activities are now as follows:

The relief of people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndrome, by providing:

- Information and advice on the Ketogenic Diet (an alternative treatment to medication), and support for patients/parents/carers once on the diet, and

- Any charitable means which the trustees decide including:

a) To publicise Ketogenic Dietary Therapies and make them more available to all those who should need it, be it child or adult.

b) Together with our medical board, give parents and patients an informed choice about the Ketogenic Diet and to source and provide the latest information available.

c) To support families and patients through their dietary therapy.

d) To support professionals in their administration of dietary therapies by way of literature, ketogenic starter packs and files, educational conferences and training meetings and provide funding, where possible.

e) To support Research projects into the efficacy of these dietary treatments for use in Epilepsy and other conditions, working with medical professionals to ensure our information is safe, relevant and current.

Public Benefit that is provided by the charity

1. To support families on medical ketogenic dietary therapies.

2. To fund professional training so that specialised doctors, dietitians and nurses can give patients the best care and expertise.

3. To educate and raise awareness of medical ketogenic dietary therapies to the public and medical community to increase recognition of this treatment.

4. To fund research where possible into new areas of disease for medical ketogenic therapies.

5. To improve delivery and management of medical ketogenic therapies, through education and development.

6. To fund hospitals where possible, to increase ketogenic services throughout the UK and Ireland.

Financial review ***(continued)***

Contribution of volunteers

The charity relies on voluntary help to host fundraising events, conferences and information days, as well as preparing and packing information and starter packs for families. Around 5 volunteers regularly assist the charity with these tasks.

Strategic Report

The following section for achievements, performance and financial review form the strategic report of the charity.

Achievements and performance

Each year we review and revise accordingly all our printed resources to make sure information is up to date. All our written resources are free to Ketogenic dietary therapy centres around the world and are checked and approved by our Medical Board.

The animated release of our guide 'I am going on a Ketogenic Diet' has been very successful, having been placed on both the Matthew's Friends Website and on our YouTube channel. We have also produced 5 foreign language subtitled versions in Dutch, Lithuanian, Croatian, Georgian & Romanian. We also have 16 foreign language versions of our written 'I Am Going on a Ketogenic Diet' booklet: Arabic, Croatian, Dutch, French, Georgian, German, Italian, Lithuanian, Polish, Portuguese, Romanian, Slovakian, Spanish, Ukrainian, Russian & Farsi, with more planned in the future. These are all freely available to patients, families and professionals who require them.

Our website continues to provide valuable information on the Ketogenic Diet. We also have a busy Facebook page, together with Instagram and Twitter, giving much needed social media support throughout the year.

The virtual Zoom 'Cuppa and Chat' Monday evenings which were started during the pandemic continue and provide support to families with a friendly 'virtual' place to come together within our Facebook forum. These are held weekly and we have scheduled professional guests present on specific subjects for the families as well as cooking tutorials from keto chefs.

The Matthew's Friends closed forum membership continues to grow weekly amongst those with loved ones on Ketogenic Dietary Therapy or who are on one themselves. We have 650+ members who enjoy not only the mutual support given, but the Keto discussions and meal inspirations.

A quarterly Ketogenic Therapies newsletter is produced, featuring Keto articles, recipes, news & events.

The recipe section on our website continues to grow. We continue to post new 'tried and tested' recipes, giving a comprehensive range of different recipes which can be adjusted to a patient's own prescription. Our Keto Cook also supports those families requiring specific meals, creating bespoke recipes to families who are particularly struggling or who need additional help in recipe adjustments.

Free starter packs and other useful items are provided to UK mainland keto families that are new to the diet. These can be requested via ketogenic dietitians or online via the charity website. More than 250 useful packs, that include digital scales, were sent during this period.

We hold 6-montly meetings of our Medical Advisory Board. An opportunity for professional discussions, gaining insights and advice, working collaboratively on relevant projects and producing Ketogenic Diet materials for families and health professionals. Consolidating an effective team approach for the running of the charity.

Financial review *(continued)*
During this period the Trustees resolved to provide funding for a new pilot paediatric ketogenic service at Chelsea & Westminster NHS Trust, London in support of a Ketogenic Dietitian position. A commitment that had previously been made prior to the Covid pandemic and postponed on request of the Trust. Funding commenced Q1 of 2025 for a period of 2 years.

Funding for a Dietetic Assistant post was also provided to UCL The National Hospital for Neurology and Neurosurgery, commencing November 2024 for a period of 5 months, in support of their adult ketogenic diet service.

We fund a multi-platform mobile version of EKM, Electronic Ketogenic Manager, which is extremely beneficial to Ketogenic patients. The EKM is reviewed regularly, and updates are carried out where funds permit. A user guide has been written and printed for families which is reviewed annually, and we have also produced and filmed 'easy to use' tutorials for the EKM platform. This is updated regularly across the platforms and proves to be an extremely useful tool for those on a ketogenic diet. A more extensive update across all platforms is planned for the end of 2025.

We have worked on numerous projects with the KDRN, most recently on producing an information for school's booklet and continue to work on an LGIT booklet project.

Matthew's Friends either had a Matthew's Friends Ketogenic Therapies information stand or attended a number of conferences during this period, including the ESNA meeting in Milton Keynes held during June 2024, both Julie and Val went to Rome for the ILAEECE conference in September 2024, the KDRN and Nutricia Keto conferences both held in London during October 2024.Also during October they travelled to Liverpool for the ILAE British Chapter meeting, and to Manchester attending a K.Vita event in in November. January 2025 started with the BPNA conference in Oxford and the Young Epilepsy research retreat near Gatwick. Attending relevant meetings is a key aspect of our work in advocating for Ketogenic Therapies.

Matthew's Friends are members of RET (Rare Epilepsies Together) group and the Neurological Alliance and are associate members of the new CREA (Complex Rare Epilepsy Alliance) launching in the Summer of 2025, focussed on improving the lives of people with rare epilepsy across Europe.

Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) and we currently provide a Treasurer and Secretariat for the group. Three of our Trustees are heavily involved in this group, providing input to the committees within this organisation.

Financial review ***(continued)***
Training

Our KetoCollege online tutorials for medical professionals continue to be available and are proving especially beneficial for those professionals in resource limited areas of the world as well as community professionals here in the UK.

We supported the annual KetoCollege programme during May 2024. This was the 2nd KetoCollege ADVANCE meeting for existing Keto teams. The event was well attended by over 138 attendees from 17 countries. The meeting also featured an Advance Plus Day on day three, giving KetoCollege Mentors the opportunity to expand the programme to include more time on subjects requested by delegates, as a direct result of feedback from 2023.

Support for KetoCollege webinars is provided as a key feature of our support for free educational resources for health professionals and families. A new webinar is planned for later in 2025 on Managing Ketogenic Therapies in a Multi-carer setting.

Research

We continue to plan with and support initiatives from the Ketogenic Dietitians Research Network (KDRN), as well as facilitating research through our support of the International Neurological Ketogenic Society (INKS).

MF are supporting two ketogenic diet related research studies in a PPI 'Patient and public involvement' capacity, namely CORE-KDT and KetoStart, both are ongoing.

Financial review

The financial statements are set out on pages 11 to 22. The financial statements have been prepared implementing the Statement of recommended Practice for Accounting and Reporting by Charities (FRS 102) issued by the Charities Commission for England and Wales. As stated in the introduction to this report, the trustees consider the financial performance by the charity during the year to have been satisfactory.

The principal sources of funding are through voluntary donations and this income stream continues to grow as the charity becomes more well known. In addition, income continues to be generated through organised fundraising events which ensures we have sufficient resources to meet our charitable objectives.

For the year ended 31st March 2025, the charity's accounts showed net outgoing resources of £92,271 (2024: outgoing resources £116,863) and charity reserves of £305,352 (2024: £397,623).

Policies on Reserves

In accordance with Charity Commission guidance, the Trustees regularly monitor and annually review the adequacy of the charity's reserves and the reserves policy.

The trustees have forecast the level of income for 2025/26 at £60,000 gross and £50,000 net before expenditure on charitable activities. This takes into account the positive impact on being able to once again hold organised events whilst being mindful of the risk of reduced voluntary donations.

The charity's reserves policy is to hold back sufficient funds to cover committed grants, the fixed charity running costs, salary/freelance costs for 12 months and any essential variable costs necessary for healthy growth of the charity, which equates to £40,000 (2024: £40,000). All reserves over and above this retained amount are designated to charitable activities on an annual basis. The trustees do not consider a reserve fund is necessary to cover the cost of event organisation as historically charity run events have covered such costs and resulted in profit. Such events would not take place if a loss was anticipated.

Financial review *(continued)*

Grant Making Policy

Once a year at the AGM, trustees decide the main focus of the charities grant making activities for the coming year, in line with the main charity aims and objectives. The CEO and relevant staff then engage directly with organisations that may be able to fulfil those objectives and once satisfied, contracts are drawn up and awards are made. Requests for funding are also received from third parties and these are considered on a case by case basis and approved subject to fulfilling charitable objectives and available resources.

Matthew's Friends Clinics Ltd (re-named Ketocollege Ltd in the year) is an independent limited company owned by Julie Fountain, therefore any requests for grant funding from this company are considered solely by the independent trustees. Matthew's Friends Clinics Ltd closed its clinical operation in 2021 and now concentrates on the expansion of its educational programmes hence the change in name.

Incoming Resources

Fundraising is still proving challenging, especially during a cost-of-living crisis. We are always extremely grateful to all those that donated during this time through Facebook and those who managed to fundraise by way of marathons and other activities. We are also grateful to have received generous grants from our long-term supporters: The Sydney and Phyllis Goldburg Trust and The Ellerdale Trust. During 2024 Shenise Parker from Footprint did a paragliding challenge over the south coast. In April 2024 Greg Aldridge, Trustees Val and Richard's son, completed the Brighton marathon together with his cousin Lewis and Pamela McCall completed a Kiltwalk in Scotland. Laura Timperley completed the Bristol ½ marathon in May, brothers Neil and Dave Gyte took part in the Loch Lomond with Zero Calories (only water and electrolytes) swim in September. The Oxted Pram Race also supported us with a share of money raised from their annual event, as well as continued support from the Oxted Charity Dart League. Trustees Richard and Val Aldridge opted for a three month no alcohol challenge, with three months being the 'trial' period for a Ketogenic Dietary Therapy, Purple Day on 26th March 2025 saw Vitaflo host purple activities for fundraising.

We continue to raise funds through appropriate website sponsorship, through the sale of advertisements in our newsletters and by the sale of merchandise via our Matthew's Friends online shop.

We hope to continue fundraising next year via a number of fundraising and sponsorship activates allowing us to support families in need, enabling us to achieve our own charitable objectives.

Outgoing Resources

Costs have been incurred in order to fundraise as well as through provision of conferences and meetings to facilitate education and training in the Ketogenic Diet.

Expenditure has been incurred through funding of KetoCollege educational activities at Matthews Friends Clinics Ltd.

Plans for future periods

We plan to continue fundraising next year through a number of fundraising and sponsorship activities. We will use funds raised to enable us to achieve our own charitable objectives.

We plan to continue attending and speaking at conferences in the UK and beyond for medical professionals, dietitians, patients and special interest groups raising awareness of Ketogenic Therapies.

We intend to continue to support Ketogenic Diet centres around the UK to allow them to support more patients on the Ketogenic Diet and by provision of our free resources, informational brochures, starter packs and recipes.

We plan to continue working with NHS centres to increase their services by way of education, training and supporting their business plan applications to Clinical Commissioning Group's and consider funding new ketogenic centres for adults and children where appropriate, with a particular view to supporting improvement of transition services and provision of ketogenic services for adults with refractory epilepsy.

Matthew's Friends intend to continue support of the Global Symposium on Ketogenic Therapies and will attend the 9th Symposium to be held in Paris in September 2025, where our CEO Julie Fountain serves on Organising Committee.

We continue to be the only UK charity 100% dedicated to medical Ketogenic Dietary Therapies and the support of families and health care professionals who are working with or using this treatment.

The trustees' annual report was approved on 10 January 2026 and signed on behalf of the board of trustees by:

Mrs J Fountain
Trustee

Mr R Aldridge
Trustee

Matthews Friends Charity

Independent Examiner's Report to the Trustees of Matthews Friends Charity

Year ended 31 March 2025

I report to the trustees on my examination of the financial statements of Matthews Friends Charity ('the charity') for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A. Maguire.

Mrs A Maguire
FCA
Independent Examiner

10 Clovelly Avenue
Warlingham
Surrey
CR6 9HZ

Matthews Friends Charity

Statement of Financial Activities

Year ended 31 March 2025

	Note	2025 Unrestricted funds £	2025 Total funds £	2024 Total funds £
Income and endowments				
Donations and legacies	**4**	60,959	**60,959**	63,582
Charitable activities	**5**	–	**–**	26,591
Other trading activities	**6**	1,245	**1,245**	665
Investment income	**7**	6,097	**6,097**	6,547
Total income		68,301	**68,301**	97,385
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	**8**	(8,582)	**(8,582)**	(10,871)
Costs of other trading activities	**9**	(12,639)	**(12,639)**	(29,824)
Investment management costs	**10**	(199)	**(199)**	(324)
Expenditure on charitable activities	**11,12**	(139,152)	**(139,152)**	(173,229)
Total expenditure		(160,572)	**(160,572)**	(214,248)
Net expenditure and net movement in funds		(92,271)	**(92,271)**	(116,863)
Reconciliation of funds				
Total funds brought forward		397,623	**397,623**	514,486
Total funds carried forward		305,352	**305,352**	397,623

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 13 to 21 form part of these financial statements.

Matthews Friends Charity

Statement of Financial Position

31 March 2025

	Note	2025 £	£	2024 £
Current assets				
Debtors	18	–		60,192
Cash at bank and in hand		308,779		356,115
		308,779		416,307
Creditors: amounts falling due within one year	19	3,427		18,684
Net current assets			305,352	397,623
Total assets less current liabilities			305,352	397,623
Net assets			305,352	397,623
Funds of the charity				
Unrestricted funds			305,352	397,623
Total charity funds	20		305,352	397,623

These financial statements were approved by the board of trustees and authorised for issue on 10 January 2026, and are signed on behalf of the board by:

Mrs J Fountain
Trustee

Mr R Aldridge
Trustee

The notes on pages 13 to 21 form part of these financial statements.

Matthews Friends Charity

Statement of Cash Flows

Year ended 31 March 2025

	2025 £	2024 £
Cash flows from operating activities		
Net expenditure	**(92,271)**	(116,863)
Adjustments for:		
Depreciation of tangible fixed assets	**–**	44
Other interest receivable and similar income	**(6,097)**	(6,547)
Accrued expenses	**354**	–
Changes in:		
Trade and other debtors	**60,192**	(31,661)
Trade and other creditors	**(15,611)**	10,368
Cash generated from operations	**(53,433)**	(144,659)
Interest received	**6,097**	6,547
Net cash used in operating activities	**(47,336)**	(138,112)
Net decrease in cash and cash equivalents	**(47,336)**	(138,112)
Cash and cash equivalents at beginning of year	**356,115**	494,227
Cash and cash equivalents at end of year	**308,779**	356,115

The notes on pages 13 to 21 form part of these financial statements.

Matthews Friends Charity

Notes to the Financial Statements

Year ended 31 March 2025

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Piers Lane, Lingfield, Surrey, RH7 6PW.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The unaudited financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The unaudited financial statements are prepared in sterling, which is the functional currency of the entity.

Matthews Friends meets the definition of a public benefit entity under FRS 102.

Going concern

There are no material uncertainties about the charity's ability to continue.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

There are no significant areas requiring material judgements, estimates or assumptions.

Taxation

The charity is exempt from tax on income and gains to the extent that these are applied to its charitable objectives.

Pension costs

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Differences between contributions payable in the year and the contributions actually paid are shown as either accruals or prepayments on the balance sheet.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies *(continued)*

Incoming resources

Income is accounted for when the charity has entitlement to the funds, receipt is probable, and the amount is measurable. Where income is received in advance of an event it is deferred until the charity is entitled to the income.

Income from donations and grants is included in income when these are receivable. When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the pre-conditions for use have been met. Interest is included when receivable by the charity.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting donations, grants and legacies and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	-	20% straight line
Equipment	-	50% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. Accounting policies *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Donations and legacies

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Donations				
Donations, Just Giving & Private Fundraisers	60,959	**60,959**	63,582	63,582

5. Charitable activities

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Conference Sponsorship & Delegate Income	–	**–**	26,591	26,591

6. Other trading activities

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Merchandise Income	197	**197**	665	665
Buy At & Easyfundraising	1,048	**1,048**	–	–
	1,245	**1,245**	665	665

7. Investment income

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	6,097	**6,097**	6,547	6,547

8. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Advertising & Promotion	3,019	**3,019**	6,565	6,565
Print, Postage & Stationary	1,817	**1,817**	1,189	1,189
Computer & Phone	3,746	**3,746**	3,117	3,117
	8,582	**8,582**	10,871	10,871

9. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Organised Events Costs	3,711	**3,711**	4,942	4,942
Merchandise Costs	–	**–**	953	953
Administration Costs	8,928	**8,928**	23,929	23,929
	12,639	**12,639**	29,824	29,824

10. Investment management costs

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Bank Charges	199	**199**	324	324

11. Expenditure on charitable activities by fund type

	Unrestricted Funds £	**Total Funds 2025 £**	Unrestricted Funds £	Total Funds 2024 £
Website & Helpline Phone	14,983	**14,983**	12,466	12,466
Travel Costs	6,499	**6,499**	7,008	7,008
Administration Costs	9,531	**9,531**	25,713	25,713
Conferences & Education	77,613	**77,613**	36,133	36,133
Other Grants Made (See note 13)	23,821	**23,821**	80,938	80,938
Keto Starter Packs	4,676	**4,676**	8,472	8,472
Support costs	2,029	**2,029**	2,499	2,499
	139,152	**139,152**	173,229	173,229

12. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2025 £**	Total fund 2024 £
Website & Helpline Phone	14,983	–	**14,983**	12,466
Travel Costs	6,499	–	**6,499**	7,008
Administration Costs	9,531	–	**9,531**	25,713
Conferences & Education	77,613	–	**77,613**	36,133
Other Grants Made (See note 13)	23,821	–	**23,821**	80,938
Keto Starter Packs	4,676	–	**4,676**	8,472
Support costs	–	2,029	**2,029**	2,499
	137,123	2,029	**139,152**	173,229

13. Analysis of grants

	2025 £	2024 £
Grants to institutions		
Sheffield Teaching Hospital - Dietician	–	5,889
Ketocollege UK Syposium	–	42,043
KDRN - Ketogenic Diet Research Network	–	1,697
INKS - International Neurological Ketogenic Society	–	10,388
Global Symposium on Ketogenic Therapies	–	20,921
University College London (UCL) - Dietician	**15,446**	–
Plymouth University - KD Student Funding	**8,375**	–
	23,821	80,938
Total grants	**23,821**	80,938

14. Net expenditure

Net expenditure is stated after charging/(crediting):

	2025 £	2024 £
Depreciation of tangible fixed assets	–	44

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025 £	2024 £

The average head count of employees during the year was 1 (2024: 1). The average number of full-time equivalent employees during the year is analysed as follows:

	2025 No.	2024 No.
Number of staff	1	1

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

16. Trustee remuneration and expenses

The trustees received no remuneration during the current or prior year.

During the year, the trustees received the following re-imbursements of out-of-pocket expenses in relation to travel, accommodation and telephone/internet.

- Mrs Julie Fountain £55 (2024: £55)
- Ms Emma Williams £nil (2024: £279)
- Mr R Aldridge £155 (2024: £nil)

17. Tangible fixed assets

	Fixtures and fittings £	Equipment £	**Total £**
Cost			
At 1 April 2024 and 31 March 2025	1,028	4,745	**5,773**
Depreciation			
At 1 April 2024 and 31 March 2025	1,028	4,745	**5,773**
Carrying amount			
At 31 March 2025	–	–	–
At 31 March 2024	–	–	–

18. Debtors

	2025 £	2024 £
Prepayments and accrued income	–	5,070
Other debtors	–	55,122
	–	60,192

19. Creditors: amounts falling due within one year

	2025 £	2024 £
Trade creditors	**1,427**	11,756
Accruals and deferred income	**2,000**	1,646
Other creditors	–	5,282
	3,427	18,684

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2024 £	Income £	Expenditure £	**At 31 March 2025 £**
General funds	397,623	68,301	(160,572)	**305,352**

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
General funds	514,486	97,385	(214,248)	397,623

21. Analysis of net assets between funds

	Unrestricted Funds £	**Total Funds 2025 £**
Current assets	308,779	**308,779**
Creditors less than 1 year	(3,427)	**(3,427)**
Net assets	305,352	**305,352**

	Unrestricted Funds £	Total Funds 2024 £
Tangible fixed assets	–	–
Current assets	416,307	416,307
Creditors less than 1 year	(18,684)	(18,684)
Net assets	397,623	397,623

22. Analysis of changes in net debt

	At 1 Apr 2024 £	Cash flows £	**At 31 Mar 2025 £**
Cash at bank and in hand	356,115	(47,336)	**308,779**

23. Related parties

During the year Matthews Friends charity provided educational funding of £12,339 to Ketocollege Ltd (formerly Matthews Friends Clinics Ltd), a company owned and controlled by trustee J Fountain (2024: £42,043). During the year Matthews Friends charity provided support services of £5,929 and premises hire of £6,656 to Ketocollege Ltd (2024: £16,408). There were no outstanding amounts at the year end (2024: £55,121).

During the year Matthews Friends Charity received Ketogenic Cookery Services and used the facilities of Maureen Benn and Benn Bros who are related to the trustee Mrs Julie Fountain. The total invoiced for these services during the year was £1,798 (2024: £1,815).

During the year, reimbursement of £284 admin expenses was made to INKS, a company that the trustee R Aldridge is also a trustee. There were no amounts outstanding at the year-end (2024: £284)

No further transactions with related parties were undertaken such as are required to be disclosed under the provisions of FRS 102 Section 1A, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

24. Independent examination fees

The Independent examination was undertaken pro bono at no cost to the charity (2024: £nil).

MATTHEWS FRIENDS

England & Wales - Charity number 1108016

Accounts

CHARITY REGISTRATION NUMBER: 1108016

Matthews Friends Charity

Unaudited Financial Statements

31 March 2024

Matthews Friends Charity

Financial Statements

Year ended 31 March 2024

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Matthews Friends Charity

Trustees' Annual Report

Year ended 31 March 2024

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Reference and administrative details

Registered charity name	Matthews Friends Charity
Charity registration number	1108016
Principal office	@ Young Epilepsy St Piers Lane Lingfield Surrey

The trustees

Mrs E Williams	(Retired 31 July 2023)
Mrs J Fountain	
Mrs V Aldridge	
Mr R Aldridge	

Independent examiner	Mrs A Maguire FCA 10 Clovelly Avenue Warlingham Surrey CR6 9HZ

Structure, governance and management

Nature of the Governing Document and constitution of the charity

Matthews Friends is registered as a charity with the Charity Commission and is constituted under an original Declaration of Trust dated 25th October 2004 and supplemental deeds dated 24th November 2004 and 20th April 2011. The trustees approved an additional supplemental trust deed dated 31 May 2023.

This deed consolidated the original and earlier supplemental deeds but also amended the objectives of the charity to reflect the wider application of the Ketogenic Diet to all people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndrome. As this change included an amendment to the stated objectives of the charity, prior permission for the change was granted by the Charity Commission.

The organisational structure of the charity and how decisions are made

The board of trustees consisted of 3 individuals at 31st March 2024. The minimum number of trustees is 3 and the maximum number of trustees is 7.

Emma Williams resigned as CEO (and as a Trustee) during the course of the year, with Julie Fountain taking over this position.

All policy decisions are made by the Board by majority vote. In addition, there are sub-committees to organise and manage various events. There are regular board meetings throughout the year to discuss charity matters, culminating in an AGM.

The methods adopted for the recruitment, appointment, induction and training of new trustees

The appointment of Trustees is governed by the Declaration of Trust dated 25th October 2004 which established the Charity ("the Trust Deed") and subsequent supplemental deeds. Subject to the usual qualifications regarding mental capacity and the requirement that a Trustee must act in the best interests of the Charity at all times, the Trust Deed provides that founding Trustees shall be entitled to hold office for life with all other Trustees being appointed for 4-year terms. All Trustees must be aged 18 and over and there must at all times be a minimum of 3 Trustees. Under the Trust Deed a Trustee may also be appointed or removed by resolution of the Trustees.

Potential trustees make it known to the board that they are interested in becoming a trustee, or they are approached by an existing Trustee.

- They are invited to attend a meeting to discuss the benefits they can bring to the charity.

- Existing trustees vote on whether the candidate is suitable.

- If the candidate is suitable, they are offered a position.

- The candidate then decides whether they will accept the position.

- Once accepted, the trustee is given promotional literature about the charity and directed to the charity website for further background information.

- New trustees are invited and encouraged to attend an introductory meeting with the management to meet the team and understand the charity structure. They are encouraged to ask questions and are given information about their obligations as trustees of the charity.

Structure, governance and management ***(continued)***

Conflict of Interest

Trustees are required to advise the other trustees where they have any personal interest in any activity or transaction of the charity and exclude themselves from any related discussions or voting.

Risk Management

The trustees have conducted a review of the major risks to which the charity is exposed.

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. External risks to funding have been considered and a strategic plan which will allow for the diversification of funding and activities has been developed. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and activities

The objectives and main activities of the Charity are expressed in the Trust Deed and are "the general purposes of such charitable bodies or for such other purposes as shall be exclusively charitable as the Trustees may from time to time decide". As noted the Trust Deed was amended subsequent to the year end to reflect the wider application of the ketogenic diet.

The objectives and activities are now as follows:

The relief of people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndrome, by providing:

- Information and advice on the Ketogenic Diet (an alternative treatment to medication), and support for patients/parents/carers once on the diet, and

- Any charitable means which the trustees decide including:

a) To publicise Ketogenic Dietary Therapies and make them more available to all those who should need it, be it child or adult.

b) Together with our medical board, give parents and patients an informed choice about the Ketogenic Diet and to source and provide the latest information available.

c) To support families and patients through their dietary therapy.

d) To support professionals in their administration of dietary therapies by way of literature, ketogenic starter packs and files, educational conferences and training meetings and provide funding, where possible.

e) To support Research projects into the efficacy of these dietary treatments for use in Epilepsy and other conditions, working with medical professionals to ensure our information is safe, relevant and current.

Objectives and activities ***(continued)***

Public Benefit that is provided by the charity

1. To support families on medical ketogenic dietary therapies.

2. To fund professional training so that specialised doctors, dietitians and nurses can give patients the best care and expertise.

3. To educate and raise awareness of medical ketogenic dietary therapies to the public and medical community to increase recognition of this treatment.

4. To fund research where possible into new areas of disease for medical ketogenic therapies.

5. To improve delivery and management of medical ketogenic therapies, through education and development.

6. To fund hospitals where possible, to increase ketogenic services throughout the UK and Ireland.

Contribution of volunteers

The charity relies on voluntary help to host fundraising events, conferences and information days, as well as preparing and packing information and starter packs for families. Around 4 volunteers regularly assist the charity with these tasks (2023: 5).

Strategic Report

The following section for achievements, performance and financial review form the strategic report of the charity.

Achievements and performance

Each year we review and revise accordingly all our printed resources to make sure information is up to date. All our written resources are free to Ketogenic dietary therapy centres around the world and are checked and approved by our Medical Board. The animated release of our guide 'I am going on a Ketogenic Diet' has been very successful, having been placed on both the Matthew's Friends Website and on our YouTube channel. We have also produced foreign language subtitled versions. We also have 14 foreign language versions of our written 'I Am Going on a Ketogenic Diet' booklet; Arabic, Croatian, Dutch, French, Georgian, German, Italian, Lithuanian, Polish, Portuguese, Romanian and Spanish, Ukrainian, Urdu, with more planned in the future. These are all freely available to patients, families and professionals who require them.

Our website continues to provide valuable information on the Ketogenic Diet. We also have a busy Facebook page, together with Instagram and Twitter, giving much needed social media support throughout the year.

The virtual Zoom 'Cuppa and Chat' Monday evenings which were started during the pandemic continue and provide support to families with a friendly 'virtual' place to come together within our Facebook forum. These are held weekly and we have scheduled professional guests to present on specific subjects for the families as well as cooking tutorials from keto chefs.

The Matthew's Friends closed forum membership continues to grow weekly amongst those with loved ones on Ketogenic Dietary Therapy or who are on one themselves. We have 500+ members who enjoy not only the mutual support given, but the Keto discussions and meal inspirations.

A quarterly newsletter is produced, featuring Keto articles, recipes, news & events.

The recipe section on our website continues to grow. We continue to post new 'tried and tested' recipes, giving a comprehensive range of different recipes which can be adjusted to a patient's own prescription. Our Keto Cook also supports those families requiring specific meals, creating bespoke recipes to families who are particularly struggling or who need additional help in recipe adjustments.

Free starter packs and other useful items are provided to UK mainland keto families that are new to the diet. These can be requested via ketogenic dietitians or online via the charity website. More than 300 useful packs, that include digital scales, were sent during this period.

Commencing August 2023, we introduced 6-montly meetings of the Medical Advisory Board. An opportunity for professional discussions, gaining insights and advice, working collaboratively on relevant projects and producing Ketogenic Diet materials for families and health professionals. Consolidating an effective team approach for the running of the charity.

During this period the Trustees resolved to provide funding for a new paediatric ketogenic service at Chelsea & Westminster NHS Trust, London in support of a Ketogenic Dietitian position. A commitment that had previously been made prior to the Covid pandemic and postponed on request of the Trust.

We fund a multi-platform mobile version of EKM, Electronic Ketogenic Manager, which is extremely beneficial to Ketogenic patients. The EKM is reviewed regularly, and updates are carried out where funds permit. A user guide has been written and printed for families which is reviewed annually, and we have also produced and filmed 'easy to use' tutorials for the EKM platform. This is updated regularly across the platforms and proves to be an extremely useful tool for those on a ketogenic diet. Taking the meal planner idea a step further and trying to make meal planning and preparation for the diet as easy as possible not only for the patients, but also families and other allied health professionals, we worked alongside the Ketogenic Dietitians Research Network (KDRN) and funded the 'Build a Ketogenic Meal' project. This is a highly practical and visual meal planner which is freely available on the website. Using photographs of portion sizes and allowing families to 'build a meal' without having to use numbers or figures. This project is aimed at those who maybe not as

experienced using computer programmes and those where numbers and calculations can be confusing. Matthew's Friends have always tried to reach as many families as possible in whatever way that works, and we were delighted to be able to partner with the KDRN in bringing this project to fruition.

Matthew's Friends had stands / attended at Nutricia's Keto Conference and the Ketogenic Dietitians Research Network KDRN meeting both held in Newcastle in June 2023, the GLUT1 European Conference in Germany in June 2023, IEC Dublin in September 2023, The Global Symposium in San Diego in September 2023, ILAE Gateshead in October 2023, Nutricia's Managing Complex Epilepsy study day in Sheffield, The Freya Foundation held at Chessington World of Adventure and Dravet UK London all during November 2023. Going into 2024, MF had stands / attended the Young Epilepsy retreat in Gatwick and BPNA in Bristol both held during in January 2024 , MF Trustee, Val Aldridge, attended a Vitaflo workshop in Manchester, she also attended Nutricia's Complex Epilepsy Expert Day held in the Netherlands. We were invited to take part in Young Epilepsy's Webinar titled Ketogenic Dietary Therapies in Infants. MF's CEO, Julie Fountain presented via video link at Italy's First National Symposium on Ketogenic Diets.

Matthew's Friends are members of RET (Rare Epilepsies Together) group and the Neurological Alliance.

Matthew's Friends provide a 'Keto Star' award programme. This allows anyone who has gone above and beyond the norm to be nominated. We have sent out an assortment of certificates, keto hero t shirts, flowers and other 'prizes' to surprise those nominated, this has proven to be particularly beneficial to the younger patients who may require a little boost to show that they are doing well, but can also be sent to school staff, hospitals, parents, in fact anyone that is felt to be deserving by going that extra mile.

Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) and we currently provide a Treasurer and Secretariat for the group. Three of our Trustees are heavily involved in this group, providing input to the committees within this organisation.

Training

Our KetoCollege online tutorials for medical professionals continue to be available and are proving especially beneficial for those professionals in resource limited areas of the world as well as community professionals here in the UK.

We supported the annual KetoCollege programme during May 2023. This was the first face2face meeting since the pandemic and the 1st KetoCollege ADVANCE meeting for existing Keto teams. The event was well attended by over 100 delegates from 17 countries. The meeting also featured a Keto Education Day for families and support workers, which was also recorded as a future resource for the charity website.

Research

We continue to plan with and support initiatives from the Ketogenic Dietitians Research Network (KDRN), as well as facilitating research through our support of the International Neurological Ketogenic Society (INKS) and the provision of research networking through our work in hosting and supporting the bi-annual series of Global Symposium conferences.

MF are supporting two ketogenic diet related research studies in a PPI 'Patient and public involvement' capacity, namely CORE-KDT and KetoStart, both are ongoing.

Financial review

The financial statements are set out on pages 11 to 22. The financial statements have been prepared implementing the Statement of recommended Practice for Accounting and Reporting by Charities (FRS 102) issued by the Charities Commission for England and Wales. As stated in the introduction to this report, the trustees consider the financial performance by the charity during the year to have been satisfactory.

The principal sources of funding are through voluntary donations and this income stream continues to grow as the charity becomes more well known. In addition, income continues to be generated through organised fundraising events which ensures we have sufficient resources to meet our charitable objectives.

For the year ended 31st March 2024, the charity's accounts showed net outgoing resources of £116,863 (2023: outgoing resources £35,978) and charity reserves of £397,623 (2023: £514,486).

Policies on Reserves

In accordance with Charity Commission guidance, the Trustees regularly monitor and annually review the adequacy of the charity's reserves and the reserves policy.

The trustees have forecast the level of income for 2024/25 at £150,000 gross and £110,000 net before expenditure on charitable activities. This takes into account the positive impact on being able to once again hold organised events whilst being mindful of the risk of reduced voluntary donations..

The charity's reserves policy is to hold back sufficient funds to cover committed grants, the fixed charity running costs, salary/freelance costs for 12 months and any essential variable costs necessary for healthy growth of the charity, which equates to £40,000 (2023: £40,000). All reserves over and above this retained amount are designated to charitable activities on an annual basis. The trustees do not consider a reserve fund is necessary to cover the cost of event organisation as historically charity run events have covered such costs and resulted in profit. Such events would not take place if a loss was anticipated.

Grant Making Policy

Once a year at the AGM, trustees decide the main focus of the charities grant making activities for the coming year, in line with the main charity aims and objectives. The CEO and relevant staff then engage directly with organisations that may be able to fulfil those objectives and once satisfied, contracts are drawn up and awards are made. Requests for funding are also received from third parties and these are considered on a case by case basis and approved subject to fulfilling charitable objectives and available resources.

Matthew's Friends Clinics Ltd is an independent limited company and owned jointly by the directors Emma Williams and Julie Fountain, therefore any requests for grant funding from Matthew's Friends Clinics Ltd are considered solely by the independent trustees. Matthews Friends Clinics closed its clinical operation and now concentrates on the expansion of its educational programmes. Emma Williams resigned as Director 31st July 2023.

Financial review *(continued)*

Incoming Resources

Fundraising is still proving challenging, especially during a cost-of-living crisis. We are always extremely grateful to all those that donated during this time through Facebook and those who managed to fundraise by way of marathons and other activities. We are also grateful to have received generous grants from our long-term supporters: The Sydney and Phyllis Goldburg Trust and The Ellerdale Trust. During 2023 - Shenise Parker from Footprint did a paragliding challenge over the south coast. We also had runners in the Southampton Marathon, London Marathon and Royal Parks. Our designer Andy from Aceym Design took on the National 3 Peaks Challenge. The Oxted Pram Race also supported us with a share of money raised from their annual event, as well as continued support from the Oxted Charity Dart League.

We continue to raise funds through appropriate website sponsorship, through the sale of advertisements in our newsletters and by the sale of merchandise via our Matthew's Friends online shop.

We hope to continue fundraising next year via a number of fundraising and sponsorship activates allowing us to support families in need, enabling us to achieve our own charitable objectives.

Outgoing Resources

Costs have been incurred in order to fundraise as well as through provision of conferences and meetings to facilitate education and training in the Ketogenic Diet.

Expenditure has been incurred through funding of KetoCollege educational activities at Matthews Friends Clinics Ltd.

Plans for future periods

We plan to continue fundraising next year through a number of fundraising and sponsorship activities. We will use funds raised to enable us to achieve our own charitable objectives.

We plan to continue attending and speaking at conferences in the UK and beyond for medical professionals, dietitians, patients and special interest groups raising awareness of Ketogenic Therapies.

We intend to continue to support Ketogenic Diet centres around the UK to allow them to support more patients on the Ketogenic Diet and by provision of our free resources, informational brochures, starter packs and recipes.

We plan to continue working with NHS centres to increase their services by way of education, training and supporting their business plan applications to Clinical Commissioning Group's and consider funding new ketogenic centres for adults and children where appropriate.

Matthew's Friends intend to continue support of the Global Symposium series of meetings with the 9th to be held in Paris in September 2025.

We continue to be the only UK charity 100% dedicated to medical Ketogenic Dietary Therapies and the support of families and health care professionals who are working with or using this treatment.

The trustees' annual report was approved on 23 January 2025 and signed on behalf of the board of trustees by:

Mrs J Fountain
Trustee

Mr R Aldridge
Trustee

Matthews Friends Charity

Independent Examiner's Report to the Trustees of Matthews Friends Charity

Year ended 31 March 2024

I report to the trustees on my examination of the financial statements of Matthews Friends Charity ('the charity') for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A. Maguire.

Mrs A Maguire
FCA
Independent Examiner

10 Clovelly Avenue
Warlingham
Surrey
CR6 9HZ

Matthews Friends Charity

Statement of Financial Activities

Year ended 31 March 2024

	Note	2024 Unrestricted funds £	2024 Total funds £	2023 Total funds £
Income and endowments				
Donations and legacies	**4**	63,582	**63,582**	131,690
Charitable activities	**5**	26,591	**26,591**	–
Other trading activities	**6**	665	**665**	607
Investment income	**7**	6,547	**6,547**	1,625
Total income		97,385	**97,385**	133,922
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	**8**	(10,871)	**(10,871)**	(9,090)
Costs of other trading activities	**9**	(29,824)	**(29,824)**	(26,692)
Investment management costs	**10**	(324)	**(324)**	(213)
Expenditure on charitable activities	**11,12**	(173,229)	**(173,229)**	(133,905)
Total expenditure		(214,248)	**(214,248)**	(169,900)
Net expenditure and net movement in funds		(116,863)	**(116,863)**	(35,978)
Reconciliation of funds				
Total funds brought forward		514,486	**514,486**	550,464
Total funds carried forward		397,623	**397,623**	514,486

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Matthews Friends Charity

Statement of Financial Position

31 March 2024

	Note	2024 £	£	2023 £
Fixed assets				
Tangible fixed assets	17		–	44
Current assets				
Debtors	18	60,192		28,531
Cash at bank and in hand		356,115		494,227
		416,307		522,758
Creditors: amounts falling due within one year	19	18,684		8,316
Net current assets			397,623	514,442
Total assets less current liabilities			397,623	514,486
Net assets			397,623	514,486
Funds of the charity				
Unrestricted funds			397,623	514,486
Total charity funds	20		397,623	514,486

These financial statements were approved by the board of trustees and authorised for issue on 23 January 2025, and are signed on behalf of the board by:

Mrs J Fountain
Trustee

Mr R Aldridge
Trustee

The notes on pages 14 to 22 form part of these financial statements.

Matthews Friends Charity

Statement of Cash Flows

Year ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net expenditure	**(116,863)**	(35,978)
Adjustments for:		
Depreciation of tangible fixed assets	**44**	45
Other interest receivable and similar income	**(6,547)**	(1,625)
Accrued income	**–**	(8,479)
Changes in:		
Trade and other debtors	**(31,661)**	5,905
Trade and other creditors	**10,368**	6,550
Cash generated from operations	**(144,659)**	(33,582)
Interest received	**6,547**	1,625
Net cash used in operating activities	**(138,112)**	(31,957)
Net decrease in cash and cash equivalents	**(138,112)**	(31,957)
Cash and cash equivalents at beginning of year	**494,227**	526,184
Cash and cash equivalents at end of year	**356,115**	494,227

The notes on pages 14 to 22 form part of these financial statements.

Matthews Friends Charity

Notes to the Financial Statements

Year ended 31 March 2024

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Piers Lane, Lingfield, Surrey, RH7 6PW.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The unaudited financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The unaudited financial statements are prepared in sterling, which is the functional currency of the entity.

Matthews Friends meets the definition of a public benefit entity under FRS 102.

Going concern

There are no material uncertainties about the charity's ability to continue.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

There are no significant areas requiring material judgements, estimates or assumptions.

Taxation

The charity is exempt from tax on income and gains to the extent that these are applied to its charitable objectives.

Pension costs

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Differences between contributions payable in the year and the contributions actually paid are shown as either accruals or prepayments on the balance sheet.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies *(continued)*

Incoming resources

Income is accounted for when the charity has entitlement to the funds, receipt is probable, and the amount is measurable. Where income is received in advance of an event it is deferred until the charity is entitled to the income.

Income from donations and grants is included in income when these are receivable. When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the pre-conditions for use have been met. Interest is included when receivable by the charity.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting donations, grants and legacies and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	-	20% straight line
Equipment	-	50% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. Accounting policies *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Donations and legacies

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Donations				
Donations, Just Giving & Private Fundraisers	63,582	**63,582**	131,690	131,690

5. Charitable activities

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Conference Sponsorship & Delegate Income	26,591	**26,591**	–	–

6. Other trading activities

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Merchandise Income	665	**665**	231	231
Buy At & Easy fundraising	–	**–**	376	376
	665	**665**	607	607

7. Investment income

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	6,547	**6,547**	1,625	1,625

8. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Advertising & Promotion	6,565	**6,565**	5,193	5,193
Print, Postage & Stationary	1,189	**1,189**	640	640
Computer & Phone	3,117	**3,117**	3,257	3,257
	10,871	**10,871**	9,090	9,090

9. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Organised Events Costs	4,942	**4,942**	3,999	3,999
Merchandise Costs	953	**953**	2,794	2,794
Administration Costs	23,929	**23,929**	19,899	19,899
	29,824	**29,824**	26,692	26,692

10. Investment management costs

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Bank Charges	324	**324**	213	213

11. Expenditure on charitable activities by fund type

	Unrestricted Funds £	**Total Funds 2024 £**	Unrestricted Funds £	Total Funds 2023 £
Website & Helpline Phone	12,466	**12,466**	13,086	13,086
Travel Costs	7,008	**7,008**	6,368	6,368
Administration Costs	25,713	**25,713**	14,368	14,368
Conferences & Education	36,133	**36,133**	17,239	17,239
Chef & Recipe Funding	–	**–**	1,584	1,584
Other Grants Made (See note 13)	80,938	**80,938**	72,042	72,042
Keto Starter Packs	8,472	**8,472**	6,762	6,762
Support costs	2,499	**2,499**	2,456	2,456
	173,229	**173,229**	133,905	133,905

12. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2024 £**	Total fund 2023 £
Website & Helpline Phone	12,466	–	**12,466**	13,086
Travel Costs	7,008	–	**7,008**	6,368
Administration Costs	25,713	–	**25,713**	14,368
Conferences & Education	36,133	–	**36,133**	17,239
Chef & Recipe Funding	–	–	**–**	1,584
Other Grants Made (See note 13)	80,938	–	**80,938**	72,042
Keto Starter Packs	8,472	–	**8,472**	6,762
Support costs	–	2,499	**2,499**	2,456
	170,730	2,499	**173,229**	133,905

13. Analysis of grants

	2024 £	2023 £
Grants to institutions		
MF Clinics Patient Treatment	–	5,155
Sheffield Teaching Hospital - Dietician	**5,889**	17,791
MF South Africa	–	1,000
Ketocollege UK Symposium – Matthews Friends Clinics	**42,043**	19,500
KDRN - Ketogenic Diet Research Network	**1,697**	13,984
INKS - International Neurological Ketogenic Society	**10,388**	14,612
Global Symposium on Ketogenic Therapies	**20,921**	–
	80,938	72,042
Total grants	**80,938**	72,042

14. Net expenditure

Net expenditure is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets	**44**	45

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

The average head count of employees during the year was 2 (2023: 2). The average number of full-time equivalent employees during the year is analysed as follows:

	2024 No.	2023 No.
Number of staff	**1**	2

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

16. Trustee remuneration and expenses

The trustees received no remuneration during the current or prior year.

During the year, the trustees received the following re-imbursements of out-of-pocket expenses in relation to travel, accommodation and telephone/internet.

- Mrs Julie Fountain £55 (2023: £50)
- Mrs Emma Williams £279 (2023: £1,074)

17. Tangible fixed assets

	Fixtures and fittings £	Equipment £	**Total £**
Cost			
At 1 April 2023 and 31 March 2024	1,028	4,745	**5,773**
Depreciation			
At 1 April 2023	984	4,745	**5,729**
Charge for the year	44	–	**44**
At 31 March 2024	1,028	4,745	**5,773**
Carrying amount			
At 31 March 2024	–	–	**–**
At 31 March 2023	44	–	44

18. Debtors

	2024 £	2023 £
Prepayments and accrued income	**5,070**	–
Other debtors	**55,122**	28,531
	60,192	28,531

19. Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	**11,756**	6,670
Accruals and deferred income	**1,646**	1,646
Other creditors	**5,282**	–
	18,684	8,316

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2023 £	Income £	Expenditure £	**At 31 March 2024 £**
General funds	514,486	97,385	(214,248)	**397,623**

	At 1 April 2022 £	Income £	Expenditure £	At 31 March 2023 £
General funds	550,464	133,922	(169,900)	514,486

21. Analysis of net assets between funds

	Unrestricted Funds £	**Total Funds 2024 £**
Tangible fixed assets	–	**–**
Current assets	416,307	**416,307**
Creditors less than 1 year	(18,684)	**(18,684)**
Net assets	397,623	**397,623**

	Unrestricted Funds £	Total Funds 2023 £
Tangible fixed assets	44	44
Current assets	522,758	522,758
Creditors less than 1 year	(8,316)	(8,316)
Net assets	514,486	514,486

22. Analysis of changes in net debt

	At 1 Apr 2023 £	Cash flows £	**At 31 Mar 2024 £**
Cash at bank and in hand	494,227	(138,112)	**356,115**

23. Related parties

During the year, Matthews Friends Charity made educational grants totalling £42,043 to Matthews Friends Clinics (2023: £19,500). Matthews Friends clinics is owned and controlled by Mrs Julie Fountain who is also a charity trustee.

During the year Matthews Friends charity provided support services and premises hire to Matthews Friends Clinics of £42,998 (2023: £31,646). The total amount owed to Matthews Friends Charity at the year end was £55,121 (2023: £31,646).

During the prior year, Matthew's Friends Charity sponsored a number of patients to commence Ketogenic Diet Therapy through Matthews Friends Clinics Ltd, however this charitable expenditure has now ceased (2023: £5,155).

During the year Matthews Friends Charity received Ketogenic Cookery Services and used the facilities of Maureen Benn and Benn Bros who are related to the trustee Mrs Julie Fountain. The total invoiced for these services during the year was £1,815 (2023: £1,464).

No further transactions with related parties were undertaken such as are required to be disclosed under the provisions of FRS 102 Section 1A, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

24. Independent examination fees

The Independent examination was undertaken pro bono at no cost to the charity (2023: £nil).

MATTHEWS FRIENDS

England & Wales - Charity number 1108016

Accounts

CHARITY REGISTRATION NUMBER: 1108016

Matthews Friends Charity

Unaudited Financial Statements

31 March 2023

Matthews Friends Charity

Financial Statements

Year ended 31 March 2023

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Matthews Friends Charity

Trustees' Annual Report

Year ended 31 March 2023

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name	Matthews Friends Charity	
Charity registration number	1108016	
Principal office	@ Young Epilepsy St Piers Lane Lingfield Surrey	
The trustees		
	Ms E Williams	(Retired 31 July 2023)
	Mrs J Fountain	
	Mrs V Aldridge	
	Mr R Aldridge	
	Mr A Johnson	(Retired 29 March 2023)
Independent examiner	Mrs A Maguire FCA 10 Clovelly Avenue Warlingham Surrey CR6 9HZ	

Structure, governance and management

Nature of the Governing Document and constitution of the charity

Matthews Friends is constituted under an original Declaration of Trust dated 25th October 2004 and supplemental deeds dated 24th November 2004 and 20th April 2011. It is registered as a charity with the Charity Commission.

Post year end, the trustees approved an additional supplemental trust deed dated 31 May 2023. This deed consolidated the original and earlier supplemental deeds but also amended to objectives of the charity to reflect the wider application of the Ketogenic Diet to all people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndrome.

As this change included an amendment to the stated objectives of the charity, prior permission for the change was sought from the Charity Commission and this was received on 19 May 2023.

The organisational structure of the charity and how decisions are made

The board of trustees consisted of 4 individuals at 31st March 2023. Post year end, 1 trustee resigned leaving 3 trustees on the board. The minimum number of trustees is 3 and the maximum number of trustees can be 7.

All policy decisions are made by the Board by majority vote.

During the current year, Emma Williams as CEO was responsible for the day to day organisation of the charity, working closely with Julie Fountain on decision making matters.

In addition, there are sub-committees to organise and manage various events. There are regular board meetings throughout the year to discuss charity matters, culminating in an AGM.

Structure, governance and management *(continued)*

The methods adopted for the recruitment, appointment, induction and training of new trustees

The appointment of Trustees is governed by the Declaration of Trust dated 25th October 2004 which established the Charity ("the Trust Deed") and subsequent supplemental deeds. Subject to the usual qualifications regarding mental capacity and the requirement that a Trustee must act in the best interests of the Charity at all times, the Trust Deed provides that founding Trustees shall be entitled to hold office for life with all other Trustees being appointed for 4-year terms. All Trustees must be at at least aged 18 and there must at all times be a minimum of seven Trustees. Under the Trust Deed a Trustee may also be appointed or removed by resolution of the Trustees.

Potential trustees make it known to the board that they are interested in becoming a trustee, or they are approached by an existing Trustee.

- They are invited to attend a meeting to discuss the benefits they can bring to the charity.

- Existing trustees vote on whether the candidate is suitable.

- If the candidate is suitable, they are offered a position.

- The candidate then decides whether they will accept the position.

- Once accepted, the trustee is given promotional literature about the charity and directed to the charity website for further background information.

- New trustees are invited and encouraged to attend an introductory meeting with the management to meet the team and understand the charity structure. They are encouraged to ask questions and are given information about their obligations as trustees of the charity.

Conflict of Interest

Trustees are required to advise the other trustees where they have any personal interest in any activity or transaction of the charity and exclude themselves from any related discussions or voting.

Risk Management

The trustees have conducted a review of the major risks to which the charity is exposed.

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. External risks to funding have been considered and a strategic plan which will allow for the diversification of funding and activities has been developed. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and activities

The objectives and main activities of the Charity are expressed in the Trust Deed and are "the general purposes of such charitable bodies or for such other purposes as shall be exclusively charitable as the Trustees may from time to time decide". As noted, the Trust Deed was amended subsequent to the year end to reflect the wider application of the ketogenic diet.

The objectives and activities are now as follows:

The relief of people with known complex and intractable epilepsy and the specific neurometabolic disorder GLUT1 deficiency syndrome, by providing:

- Information and advice on the Ketogenic Diet (an alternative treatment to medication), and support for patients/parents/carers once on the diet, and

- Any charitable means which the trustees decide including:

a) To publicise Ketogenic Dietary Therapies and make them more available to all those who should need it, be it child or adult.

b) Together with our medical board, give parents and patients an informed choice about the Ketogenic Diet and to source and provide the latest information available.

c) To support families and patients through their dietary therapy.

d) To support professionals in their administration of dietary therapies by way of literature, ketogenic starter packs and files, educational conferences and training meetings and provide funding, where possible.

e) To support Research projects into the efficacy of these dietary treatments for use in Epilepsy and other conditions, working with medical professionals to ensure our information is safe, relevant and current.

Public Benefit that is provided by the charity

1. To support families on medical ketogenic dietary therapies.

2. To fund professional training so that specialised doctors, dietitians and nurses can give patients the best care and expertise.

3. To educate and raise awareness of medical ketogenic dietary therapies to the public and medical community to increase recognition of this treatment.

4. To fund research where possible into new areas of disease for medical ketogenic therapies.

5. To improve delivery and management of medical ketogenic therapies, through education and development.

6. To fund hospitals where possible, to increase ketogenic services throughout the UK and Ireland.

Contribution of volunteers

The charity relies on voluntary help to host fundraising events, conferences and information days, as well as preparing and packing information and starter packs for families. Around 5 volunteers regularly assist the charity with these tasks.

Strategic Report

The following section for achievements, performance and financial review form the strategic report of the charity.

Achievements and performance

Each year we review and revise accordingly all our printed resources to make sure information is up to date. All our written resources are free to Ketogenic dietary therapy centres around the world and are checked and approved by our Medical Board. The animated release of our guide 'I am going on a Ketogenic Diet' has been very successful, having been placed on both the Matthew's Friends Website and on our YouTube channel. We have also produced foreign language subtitled versions. We also have 12 12 foreign language versions of our written booklet, Arabic, Croatian, Dutch, French, Georgian, German, Italian, Lithuanian, Polish, Portuguese, Romanian and Spanish, with more planned in the future. These are all freely available to patients, families and professionals who require them.

Our website continues to provide valuable information on the Ketogenic Diet. We also have a busy Facebook page, together with Instagram and Twitter, giving much needed social media support throughout the year.

During the pandemic, we also funded 'Mindfulness' courses for our families in the forum. This gave them a safe space to come together in small groups and help them to try and cope with the extra burdens and worries that the pandemic brought with it. The Virtual Zoom 'Cuppa and Chat' Monday evenings which were started during the pandemic continue and provide support to families with a friendly 'virtual' place to come together.

The Matthew's Friends closed forum membership continues to grow weekly amongst those with loved ones on Ketogenic Dietary Therapy or who are on one themselves. We have 500 + members who enjoy not only the mutual support given, but the Keto discussions and meal inspirations.

These are weekly now, and we have professional guests present every so often on specific subjects for the families as well as cooking tutorials from keto chefs.

We entered the final year funding the new transition and adult service in Sheffield which gives the surrounding paediatric services somewhere to transition to and adult neurologists somewhere to send their patients who want to try Ketogenic Therapy where medications have failed. Working with the NHS Trust, funding has now been secured for the Ketogenic Clinic to continue indefinitely when our funding period comes to an end. We are delighted that this service will continue to grow and develop, and we will continue charity support the patients and the Ketogenic team at Sheffield by providing information booklets, patient support services and professional training meetings as we do with all our NHS Ketogenic Services. The charity provides all this information free of charge.

The recipe section on our website continues to grow. We continue to post new 'tried and tested' recipes, giving a comprehensive range of different recipes which can be adjusted to a patient's own prescription. Our Keto Cook also supports those families requiring specific meals, creating bespoke recipes to families who are particularly struggling or who need additional help in recipe adjustments.

We fund a multi-platform mobile version of EKM, Electronic Ketogenic Manager, which is extremely beneficial to Ketogenic patients. The EKM is reviewed regularly, and updates are carried out where funds permit. A user guide has been written and printed for families which is reviewed annually, and we have also produced and filmed 'easy to use' tutorials for the EKM platform. This is updated regularly across the platforms and proves to be an extremely useful tool for those on a ketogenic diet. However, taking the meal planner idea a step further, and trying to make meal planning and preparation for the diet as easy as possible not only for the patients, but also families and other allied health professionals, we worked alongside the Ketogenic Dietitians Research Network (KDRN) and funded the 'Build a Ketogenic Meal' project. This is a highly practical and visual meal planner which is freely available on the website. Using photographs of portion sizes and allowing families to 'build a meal' without having to use numbers or figures. This project is aimed at those who maybe not as experienced using computer programmes and those where numbers and calculations can be confusing. Matthew's Friends have always tried to reach as many families as possible in whatever way that works, and we were delighted to be able to partner with the KDRN in bringing this project to fruition. We will continue to work with the KDRN in phase 2 of the project in the next year.

From the beginning of 2022 onwards face2face meeting went ahead, Matthew's Friends had stands at the European Paediatric Neurology Society (EPNS) in Glasow in April 2022, and attended both the Ketogenic Dietitians Research Network KDRN and Nutricia Keto Conference held in May 2022. In September Julie Fountain together with Lisa O'Brien from the Matthew's Friends medical board attended the ESNA (Epilepsy Specialist Nurses Association) meeting in Glasgow and had an MF stand of information. During October MF had a stand at the International League Against Epilepsy (ILAE) meeting in Cardiff, Wales. Going into 2023, MF had a stand at the British Paediatric Neurology Association (BPNA) in Edinburgh. E Williams CEO gave a presentation on Ketogenic Dietary Therapies at the Epilepsy Action meeting in March. Also, during March, MF had a stand at the Young Epilepsy Complex Epilepsy Study Day, also representing the Rare Epilepsies Together (RET) group. Matthew's Friends had a virtual stand at the Royal College of Paediatrics and Child Health (RCPCH) in June 2022. MF supported two free webinars one for the Glut 1 community in October 2022, for both parents and professionals and a professional's webinar on the subject of Tube Feeding and the Ketogenic diet. Matthew's Friends charity supported the KetoCollege e-learning platform in providing ongoing education for health professionals.

Matthew's Friends joined RET (Rare Epilepsies Together) group and continued to be members of the Neurological Alliance.

Matthew's Friends run a successful 'Keto Star' award programme, this allows anyone who has gone above and beyond the norm to be nominated. We have sent out an assortment of certificates, keto hero t shirts, flowers and other 'prizes' to surprise those nominated, this has proven to be particularly beneficial to the younger patients who may require a little boost to show that they are doing well, but can also be sent to school staff, hospitals, parents, in fact anyone that is felt to be deserving by going that extra mile.

Matthew's Friends are proud to be founding patrons of the International Neurological Ketogenic Society (INKS) and we currently provide a Treasurer and Secretariat for the group. Three of our Trustees are heavily involved in this group providing input on all the committees within this organisation.

Training

Our Ketogenic online tutorials for medical professionals continue to be available and are proving especially beneficial for those professionals in resource limited areas of the world as well as community professionals here in the UK.

We sponsored the 6th annual KetoCollege programme during May, which was once again held as a virtual event only. 180 delegates attended over the course of 3 days from 43 countries.

Research

We continue to plan with and support initiatives from the Ketogenic Dietitians Research Network (KDRN), as well as facilitating research through our support of the International Neurological Ketogenic Society (INKS) and the provision of research networking through our work in hosting and supporting the bi-annual series of Global Symposium conferences.

Financial review

The financial statements are set out on pages 10 to 21. The financial statements have been prepared implementing the Statement of recommended Practice for Accounting and Reporting by Charities (FRS 102) issued by the Charities Commission for England and Wales. As stated in the introduction to this report, the trustees consider the financial performance by the charity during the year to have been satisfactory.

The principal sources of funding are through voluntary donations and this income stream continues to grow as the charity becomes more well known. In addition, income continues to be generated through organised fundraising events which ensures we have sufficient resources to meet our charitable objectives.

For the year ended 31st March 2023, the charity's accounts showed net outgoing resources of £35,978 (2022: outgoing resources £12,224) and charity reserves of £514,486 (2022: £550,464).

Policies on Reserves

In accordance with Charity Commission guidance, the Trustees regularly monitor and annually review the adequacy of the charity's reserves and the reserves policy.

The Trustees' policy is to retain sufficient reserves to ensure that any operating costs are met and that committed grants can be made.

The trustees have forecast the level of income for 2023/24 at £150,000 gross and £110,000 net before expenditure on charitable activities. This takes into account the positive impact on being able to once again hold organised events whilst being mindful of the risk of reduced voluntary donations during the recession.

The charity's reserves policy is to hold back sufficient funds to cover the fixed charity running costs, salary/freelance costs for 12 months and any essential variable costs necessary for healthy growth of the charity, which equates to £40,000 (2022: £40,000). All reserves over and above this retained amount are designated to charitable activities on an annual basis. The trustees do not consider a reserve fund is necessary to cover the cost of event organisation as historically charity run events have covered such costs and resulted in profit. Such events would not take place if a loss was anticipated.

Grant Making Policy

Once a year at the AGM, trustees decide the main focus of the charities grant making activities for the coming year, in line with the main charity aims and objectives. The CEO and relevant staff then engage directly with organisations that may be able to fulfil those objectives and once satisfied, contracts are drawn up and awards are made. Requests for funding are also received from third parties and these are considered on a case-by-case basis and approved subject to fulfilling charitable objectives and available resources.

Matthew's Friends Clinics Ltd is an independent limited company and owned jointly by the directors Emma Williams and Julie Fountain therefore any requests for grant funding from Matthew's Friends Clinics Ltd are considered solely by the independent trustees. Matthews Friends Clinics closed its clinical service and is now concentrating on the expansion of its educational programmes.

Incoming Resources

Christmas cards and merchandise were sold to raise money to provide for our free resources.

Fundraising is still proving challenging, especially during a cost-of-living crisis. We are always extremely grateful to all those that donated during this time through Facebook and those who managed to fundraise by way of marathons and other activities. We are also grateful to have received generous grants from our long-term supporters: The Sydney and Phyllis Goldburg Trust and The Ellerdale Trust. During May 2022 - Shenise Parker from Footprint, did a skydive. We also had runners in both the London Marathon and Royal Parks and the brutal Midnight Mountain Marathon. The Oxted Pram Race also supported us with a share of money raised from their annual event.

We continue to raise funds through appropriate website sponsorship, through the sale of advertisements in our newsletters and of course by the sales of merchandise available via our Matthew's Friends online shop.

We hope to continue fundraising next year via a number of fundraising and sponsorship activates allowing us to support families in need, enabling us to achieve our own charitable objectives.

Outgoing Resources

Costs have been incurred in order to fundraise as well as through provision of conferences and meetings to facilitate education and training in the Ketogenic Diet.

Expenditure has been incurred through funding of KetoCollege educational activities at Matthews Friends Clinics Ltd.

Plans for future periods

We plan to continue fundraising next year through a number of fundraising and sponsorship activities. We will use funds raised to enable us to achieve our own charitable objectives.

We plan to continue attending and speaking at conferences in the UK and beyond for medical professionals, dieticians, patients and special interest groups raising awareness of Ketogenic Therapies.

We intend to continue to support Ketogenic Diet centres around the UK to allow them to support more patients on the Ketogenic Diet and by provision of our free resources, informational brochures, starter packs and recipes.

We plan to continue working with NHS centres to increase their services by way of education, training and supporting their business plan applications to Clinical Commissioning Group's and consider funding new ketogenic centres for adults and children where appropriate.

Matthew's Friends intend to continue support of the Global Symposium series of meetings with the 8th to be held in San Diego in September 2023.

We continue to be the only UK charity 100% dedicated to medical Ketogenic Dietary Therapies and the support of families and health care professionals who are working with or using this treatment.

The trustees' annual report was approved on 21 January 2024 and signed on behalf of the board of trustees by:

Mrs J Fountain
Trustee

Mr R Aldridge
Trustee

Matthews Friends Charity

Independent Examiner's Report to the Trustees of Matthews Friends Charity

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Matthews Friends Charity ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A Maguire.

Mrs A Maguire
FCA
Independent Examiner

10 Clovelly Avenue
Warlingham
Surrey
CR6 9HZ

Matthews Friends Charity

Statement of Financial Activities

Year ended 31 March 2023

	Note	2023 Unrestricted funds £	2023 Total funds £	2022 Total funds £
Income and endowments				
Donations and legacies	**4**	131,690	**131,690**	175,606
Charitable activities	**5**	–	**–**	300,230
Other trading activities	**6**	607	**607**	750
Investment income	**7**	1,625	**1,625**	51
Total income		133,922	**133,922**	476,637
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	**8**	(9,090)	**(9,090)**	(5,071)
Costs of other trading activities	**9**	(26,692)	**(26,692)**	(9,686)
Investment management costs	**10**	(213)	**(213)**	(48)
Expenditure on charitable activities	**11,12**	(133,905)	**(133,905)**	(474,056)
Total expenditure		(169,900)	**(169,900)**	(488,861)
Net expenditure and net movement in funds		(35,978)	**(35,978)**	(12,224)
Reconciliation of funds				
Total funds brought forward		550,464	**550,464**	562,688
Total funds carried forward		514,486	**514,486**	550,464

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Matthews Friends Charity

Statement of Financial Position

31 March 2023

	Note	2023 £	£	2022 £
Fixed assets				
Tangible fixed assets	17		44	89
Current assets				
Debtors	18	28,531		34,436
Cash at bank and in hand		494,227		526,184
		522,758		560,620
Creditors: amounts falling due within one year	19	8,316		10,245
Net current assets			514,442	550,375
Total assets less current liabilities			514,486	550,464
Net assets			514,486	550,464
Funds of the charity				
Unrestricted funds			514,486	550,464
Total charity funds	20		514,486	550,464

These financial statements were approved by the board of trustees and authorised for issue on 21 January 2024, and are signed on behalf of the board by:

Mrs J Fountain
Trustee

Mr R Aldridge
Trustee

Matthews Friends Charity

Statement of Cash Flows

Year ended 31 March 2023

	2023 £	2022 £
Cash flows from operating activities		
Net expenditure	**(35,978)**	(12,224)
Adjustments for:		
Depreciation of tangible fixed assets	**45**	430
Other interest receivable and similar income	**(1,625)**	(51)
Accrued income	**(8,479)**	(56,288)
Changes in:		
Trade and other debtors	**5,905**	5,013
Trade and other creditors	**6,550**	(403)
Cash generated from operations	**(33,582)**	(63,523)
Interest received	**1,625**	51
Net cash used in operating activities	**(31,957)**	(63,472)
Net decrease in cash and cash equivalents	**(31,957)**	(63,472)
Cash and cash equivalents at beginning of year	**526,184**	589,656
Cash and cash equivalents at end of year	**494,227**	526,184

The notes on pages 13 to 21 form part of these financial statements.

Matthews Friends Charity

Notes to the Financial Statements

Year ended 31 March 2023

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Piers Lane, Lingfield, Surrey, RH7 6PW.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The unaudited financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The unaudited financial statements are prepared in sterling, which is the functional currency of the entity.

Matthews Friends meets the definition of a public benefit entity under FRS 102.

Going concern

There are no material uncertainties about the charity's ability to continue.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

There are no significant areas requiring material judgements, estimates or assumptions.

Taxation

The charity is exempt from tax on income and gains to the extent that these are applied to its charitable objectives.

Pension costs

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Differences between contributions payable in the year and the contributions actually paid are shown as either accruals or prepayments on the balance sheet.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

3. Accounting policies *(continued)*

Incoming resources

Income is accounted for when the charity has entitlement to the funds, receipt is probable, and the amount is measurable. Where income is received in advance of an event it is deferred until the charity is entitled to the income.

Income from donations and grants is included in income when these are receivable. When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the pre-conditions for use have been met. Interest is included when receivable by the charity.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting donations, grants and legacies and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	-	20% straight line
Equipment	-	50% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

3. Accounting policies *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

4. Donations and legacies

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Donations				
Donations, Just Giving & Private Fundraisers	131,690	**131,690**	175,606	175,606

5. Charitable activities

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Conference Sponsorship & Delegate Income	–	–	299,930	299,930
Other Grants	–	–	300	300
	–	–	300,230	300,230

6. Other trading activities

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Merchandise Income	231	**231**	355	355
Buy At & Easyfundraising	376	**376**	395	395
	607	**607**	750	750

7. Investment income

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	1,625	**1,625**	51	51

8. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Advertising & Promotion	5,193	**5,193**	2,010	2,010
Print, Postage & Stationary	640	**640**	1,161	1,161
Computer & Phone	3,257	**3,257**	1,900	1,900
	9,090	**9,090**	5,071	5,071

9. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Organised Events Costs	3,999	**3,999**	1,417	1,417
Merchandise Costs	2,794	**2,794**	260	260
Administration Costs	19,899	**19,899**	8,009	8,009
	26,692	**26,692**	9,686	9,686

10. Investment management costs

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Bank Charges	213	**213**	48	48

11. Expenditure on charitable activities by fund type

	Unrestricted Funds £	**Total Funds 2023 £**	Unrestricted Funds £	Total Funds 2022 £
Website & Helpline Phone	13,086	**13,086**	7,599	7,599
Travel Costs	6,368	**6,368**	1,074	1,074
Research Network	–	**–**	13,796	13,796
Administration Costs	14,368	**14,368**	7,604	7,604
Conferences & Meetings	17,239	**17,239**	383,238	383,238
Chef & Recipe Funding	1,584	**1,584**	2,267	2,267
Other Grants Made (See note 13)	72,042	**72,042**	49,412	49,412
Keto Starter Packs	6,762	**6,762**	6,956	6,956
Support costs	2,456	**2,456**	2,110	2,110
	133,905	**133,905**	474,056	474,056

12. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2023 £**	Total fund 2022 £
Website & Helpline Phone	13,086	–	**13,086**	7,599
Travel Costs	6,368	–	**6,368**	1,074
Research Network	–	–	**–**	13,796
Administration Costs	14,368	–	**14,368**	7,604
Conferences & Meetings	17,239	–	**17,239**	383,238
Chef & Recipe Funding	1,584	–	**1,584**	2,267
Other Grants Made (See note*)	72,042	–	**72,042**	49,412
Keto Starter Packs	6,762	–	**6,762**	6,956
Governance costs	–	2,456	**2,456**	2,110
	131,449	2,456	**133,905**	474,056

13. Analysis of grants

	2023 £	2022 £
Grants to institutions		
MF Clinics Patient Treatment	**5,155**	25,490
Sheffield Teaching Hospital - Dietician	**17,791**	22,648
MF South Africa	**1,000**	–
Ketocollege UK Symposium	**19,500**	–
KDRN - Ketogenic Diet Research Network	**13,984**	–
INKS - International Neurological Ketogenic Society	**14,612**	–
Keto Dietician Funding	**–**	836
MF Netherlands	**–**	438
	72,042	49,412
Total grants	**72,042**	49,412

14. Net expenditure

Net expenditure is stated after charging/(crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets	**45**	430

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023 £	2022 £

The average head count of employees during the year was 2 (2022: 2). The average number of full-time equivalent employees during the year is analysed as follows:

	2023 No.	2022 No.
Number of staff - type 5	**2**	2

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

16. Trustee remuneration and expenses

The trustees received no remuneration during the current or prior year.

During the year, the trustees received the following re-imbursements of out of pocket expenses in relation to travel, accommodation and telephone/internet.

- Mrs Julie Fountain £50 (2022: £240)
- Ms Emma Williams £1,074 (2022: £1,098)

During the year the charity paid £10,581 for IT services to Teknicare Limited, a company incorporated in England, which the trustee Alan Johnson is a director and shareholder (2022: £3,669).

17. Tangible fixed assets

	Fixtures and fittings £	Equipment £	**Total £**
Cost			
At 1 April 2022 and 31 March 2023	1,028	4,745	**5,773**
Depreciation			
At 1 April 2022	939	4,745	**5,684**
Charge for the year	45	–	**45**
At 31 March 2023	984	4,745	**5,729**
Carrying amount			
At 31 March 2023	44	–	**44**
At 31 March 2022	89	–	89

18. Debtors

	2023 £	2022 £
Prepayments and accrued income	–	4,295
Other debtors	**28,531**	30,141
	28,531	34,436

19. Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	**6,670**	120
Accruals and deferred income	**1,646**	10,125
	8,316	10,245

20. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022 £	Income £	Expenditure £	**At 31 March 2023 £**
General funds	550,464	133,922	(169,900)	**514,486**

	At 1 April 2021 £	Income £	Expenditure £	At 31 March 2022 £
General funds	562,688	476,637	(488,861)	550,464

21. Analysis of net assets between funds

	Unrestricted Funds £	**Total Funds 2023 £**
Tangible fixed assets	44	**44**
Current assets	522,758	**522,758**
Creditors less than 1 year	(8,316)	**(8,316)**
Net assets	514,486	**514,486**

	Unrestricted Funds £	Total Funds 2022 £
Tangible fixed assets	89	89
Current assets	560,620	560,620
Creditors less than 1 year	(10,245)	(10,245)
Net assets	550,464	550,464

22. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	**At 31 Mar 2023 £**
Cash at bank and in hand	526,184	(31,957)	**494,227**

23. Related parties

During the year, Matthew's Friends Charity sponsored a number of children to commence Ketogenic Diet Therapy through Matthews Friends Clinics Ltd which is owned and controlled by Mrs Julie Fountain and Ms Emma Williams, who are also trustees of the charity. The amount invoiced for this service during the year was £5,155 (2022: £25,490).

During the year Matthews Friends charity provided support services for Ketocollege professional training and premises rent totalling £31,646 to Matthews Friends Clinics Ltd (2022: £28,531). The total amount outstanding at the year-end was £31,646 (2022: £28,531).

During the year Matthews Friends Charity received Ketogenic Cookery Services and used the facilities of Maureen Benn and Benn Bros who are related to the trustee Mrs Julie Fountain. The total invoiced for these services during the year was £1,464 (2022: £4,033).

No further transactions with related parties were undertaken such as are required to be disclosed under the provisions of FRS 102 Section 1A, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

23. Independent examination fees

The Independent examination was undertaken pro bono at no cost to the charity (2022: £nil).

MATTHEWS FRIENDS

England & Wales - Charity number 1108016

Accounts

CHARITY REGISTRATION NUMBER: 1108016

Matthews Friends Charity

Unaudited Financial Statements

31 March 2022

Matthews Friends Charity

Financial Statements

Year ended 31 March 2022

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Matthews Friends Charity

Trustees' Annual Report

Year ended 31 March 2022

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name	Matthews Friends Charity
Charity registration number	1108016
Principal office	@ Young Epilepsy St Piers Lane Lingfield Surrey
The trustees	
	Mrs J Fountain Mrs V Aldridge Mr R Aldridge Mr A Johnson Ms E Williams
Independent examiner	Mrs A Maguire FCA 10 Clovelly Avenue Warlingham Surrey CR6 9HZ

Structure, governance, and management

Nature of the Governing Document and constitution of the charity

Matthews Friends is constituted under an original Declaration of Trust dated 25th October 2004 and supplemental deeds dated 24th November 2004 and 20th April 2011. It is registered as a charity with the Charity Commission.

The organisational structure of the charity and how decisions are made

The board of trustees consists of 5 individuals. The maximum number of Trustees can be 7.

All policy decisions are made by the Board by majority vote.

Emma Williams, as CEO, is responsible for the day-to-day organisation of the charity, working closely with Julie Fountain on decision making matters.

In addition, there are sub-committees to organise and manage various events. There are regular board meetings throughout the year to discuss charity matters, culminating in an AGM.

Structure, governance and management *(continued)*

The methods adopted for the recruitment, appointment, induction and training of new trustees

The appointment of Trustees is governed by the Declaration of Trust dated 25th October 2004 which established the Charity ("the Trust Deed"). Subject to the usual qualifications regarding mental capacity and the requirement that a Trustee must act in the best interests of the Charity at all times, the Trust Deed provides that founding Trustees shall be entitled to hold office for life with all other Trustees being appointed for 4-year terms. All Trustees must be at least aged 18 and there must at all times be a minimum of two and a maximum of seven Trustees. Under the Trust Deed a Trustee may also be appointed or removed by resolution of the Trustees.

Potential trustees make it known to the board that they are interested in becoming a trustee, or they are approached by an existing Trustee.

- They are invited to attend a meeting to discuss the benefits they can bring to the charity.

- Existing trustees vote on whether the candidate is suitable.

- If the candidate is suitable, they are offered a position.

- The candidate then decides whether they will accept the position.

- Once accepted, the trustee is given promotional literature about the charity and directed to the charity website for further background information.

- New trustees are invited and encouraged to attend an introductory meeting with the management to meet the team and understand the charity structure. They are encouraged to ask questions and are given information about their obligations as trustees of the charity.

Conflict of Interest

Trustees are required to advise the other trustees where they have any personal interest in any activity or transaction of the charity and exclude themselves from any related discussions or voting.

Risk Management

The trustees have conducted a review of the major risks to which the charity is exposed.

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. External risks to funding have been considered and a strategic plan which will allow for the diversification of funding and activities has been developed. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and activities

The objectives and main activities of the Charity are expressed in the Trust Deed and are "the general purposes of such charitable bodies or for such other purposes as shall be exclusively charitable as the Trustees may from time to time decide".

1. To publicise Ketogenic Dietary Therapies and make them more available to all those who should need it, be it child or adult.

2. Together with our medical board, give parents and patients an informed choice about the Ketogenic Diet and to source and provide the latest information available.

3. To support families and patients through their dietary therapy.

4. To support professionals in their administration of dietary therapies by way of literature, ketogenic starter packs and files, educational conferences and training meetings and provide funding, where possible.

5. To support Research projects into the efficacy of these dietary treatments for use in Epilepsy and other conditions, working with medical professionals to ensure our information is safe, relevant and current.

6. To support the Matthew's Friends Clinic in providing ketogenic therapy for patients where there is no local service available.

Public Benefit that is provided by the charity

1. To support families on medical ketogenic dietary therapies.

2. To fund professional training so that specialised doctors, dietitians, and nurses can give patients the best care and expertise.

3. To educate and raise awareness of medical ketogenic dietary therapies to the public and medical community to increase recognition of this treatment.

4. To fund research where possible into new areas of disease for medical ketogenic therapies.

5. To improve delivery and management of medical ketogenic therapies, through education and development.

6. To fund hospitals where possible, to increase ketogenic services throughout the UK and Ireland.

Contribution of volunteers

The charity relies on voluntary help to host fundraising events, conferences and information days, as well as preparing and packing information and starter packs for families. Around 5 volunteers regularly assist the charity with these tasks.

Covid-19

At the close of our financial year, we are still living with the impact of Covid-19. As a small charity we have adapted quickly to this crisis and put in place measures to try and minimise the impact of the pandemic on our vital work. Demand for our support services increased but we are fortunate to have a flexible team who can work from home where necessary. Certain charitable activities which involved bringing patients and professionals together in large groups, like the 7th Global Symposium held in in October 2021 went ahead as a hybrid event.

COVID 19 has had a significant impact on our ability to fundraise, as most of our income is generated through community fundraising and charitable events. However, we have no reason to believe that our corporate support will not continue for the foreseeable future.

Strategic Report

The following section for achievements, performance and financial review form the strategic report of the charity.

Achievements and performance

Each year we review and revise accordingly all our printed resources to make sure information is up to date. All our written resources are free to Ketogenic dietary therapy centres around the world and are checked and approved by our Medical Board. The animated release of our guide 'I am going on a Ketogenic Diet' has been very successful, having been placed on both the Matthew's Friends Website and on our YouTube channel. We have also produced 4 foreign language subtitled versions which are Georgian, Romanian, Croatian, Lithuanian as well as our own English version. We also have 14 foreign language versions of our written booklet, with more planned in the future. These are all freely available to patients, families and professionals who require them.

Our website continues to give invaluable information on ketogenic diets, along with our social media being a source of support, we have a busy Facebook page, Instagram and Twitter. Our 365-day support telephone line and voluntary regional co-ordinators continue to support individual families and health professionals.

Our closed Facebook support forum for those families who are on medically supervised Ketogenic therapies continues to increase in number. The forum has proved to be a key aspect of the support we provide, enabling families to come together any time of day or night to discuss all aspects of managing medical ketogenic dietary therapies. During the pandemic, we also funded 'Mindfulness' courses for our families in the forum. This gave them a safe space to come together in small groups and help them to try and cope with the extra burdens and worries that the pandemic brought with it. The Virtual Zoom 'Cuppa and Chat' Mondays evenings which were started during the first lockdown still continue as they proved so popular with the families. These are now weekly, and we have professional guests present every so often on specific subjects for the families as well as cooking tutorials from keto chefs.

We continue to provide free starter packs to all families across the UK and Ireland regardless of which centre they are under and in this period, we provided >230 of the packs, together with our child and adult ketogenic diet information packs. These packs are also provided to NHS dietitians, respite centres, hospices and schools.

The recipe section on our website continues to grow. We continue to post new 'tried and tested' recipes, giving a comprehensive range of different recipes which can be adjusted to a patient's own prescription. Our Keto Cook also supports those families requiring specific meals, creating bespoke recipes to families who are particularly struggling or who need additional help in recipe adjustments.

We fund a multi-platform mobile version of EKM, Electronic Ketogenic Manager, which is extremely beneficial to Ketogenic patients. The EKM is reviewed regularly, and updates are carried out where funds permit. A user guide has been written and printed for families and we have also produced and filmed 'easy to use' tutorials for the EKM platform, narrated by our patron Fay Ripley.

Many of the meetings that are usually attended by the charity were cancelled or postponed due to the pandemic. In June 2021 we were virtual exhibitors at the RCPCH virtual conference, a three-day virtual event bringing together the global paediatric community. We also had a virtual stand at the Dravet Syndrome UK meeting in November 2021. We were pleased to attend the British Paediatric Neurology Association (BPNA) Virtual conference which included a Paediatric Neurology Charities Meeting in January 2022. We also supported National Epilepsy Week in May with the #beyondcovid campaign.

We were contacted by a member of staff at the National Hospital for Neurology and Neurosurgery (UCLH) London, to tell us about the amazing Well Being Initiative for the 54 dedicated staff working there, taking care of high-risk patients during the height of the Covid pandemic. Matthew's Friends were delighted to support them, by providing some of our charity promotional items, including our pretty range of strawberry and avocado insulated cups and notepads.

Matthew's Friends run a successful 'Keto Star' award programme, this allows anyone who has gone above and beyond the norm to be nominated. We have sent out an assortment of certificates, keto hero t shirts, flowers and other 'prizes' to surprise those nominated, this has proven to be particularly beneficial to the younger patients who may require a little boost to show that they are doing well, but can also be sent to school staff, hospitals, parents, in fact anyone that is felt to be deserving by going that extra mile.

We were so excited to be able to organise and host on behalf of the Scientific and Organising Committees, GlobalKeto 2021, the 7th Symposium on Medical Ketogenic Dietary Therapies both face2face and virtually, held in Brighton during 19th-22nd October 2021. It was memorable for so many reasons, not least being the first time we had seen colleagues and friends in person for such a long time. There were moments when the organisation proved very challenging as a decision had to be made as to whether we would actually be in a position to achieve this as a face2face event due to the Covid-19 situation. So it was with great relief that we were able to host a hybrid version. The symposium is unique in that it brings together individuals from many different disciplines, including basic science, clinical research, and clinical practice. All with a shared purpose to forward the understanding of the role of KDT in the management of a variety of clinical conditions. This event was well attended by both face2face delegates and those attending virtually and are always a great opportunity for professionals to catch up on new products and developments that can be shared with individuals being supported to undertake KDT therapy. We were pleased to accommodate approximately 200 attendees in person and 400 virtually, along with various sponsors who had stands and tables at the event. We also funded the poster prize, which was won by UCL Great Ormond Street Institute of Child Healthcare.

Matthew's Friends hosted the symposium gala dinner at the Grand Hotel Brighton and we were joined by some of those who led some epic fundraising events during the year, raising vital funds for Matthew's Friends to continue our work. The Charity is a founding Patron of the new International Neurological Ketogenic Society (INKS), acting as secretariat for this society on behalf of Matthew's Friends, INKS was formally announced at the GlobalKeto Brighton meeting.

Professor Helen Cross, the Chair of our Medical Board, presented the Chair of INKS Trustee's Board, Dr Anita Devlin, with a cheque for £25,000 from Matthew's Friends, to kickstart their vision.

Emma Williams also attended several meetings for the European Reference Network for Rare and Complex Epilepsies (EpiCARE) for which she is one of the leaders for the Dietary Therapies work package for Europe.

Emma Williams also serves on the Scottish Intercollegiate Guidelines Network (SIGN) as a parent representative and part of the team reviewing the Ketogenic Dietary Therapies section for the review of the Epilepsy Guidelines. The main guidelines have been completed and the version for young people has also now been completed and all have been published.

Our work with Complex Epilepsy patients continues by supporting both Adults and Children through our supported clinic, where no local ketogenic service or funding is available. We are currently 1 of only 4 centres in the country that are actively supporting adult patients to be able to use ketogenic therapy to manage their drug resistant epilepsy.

Matthew's Friends are funding the new transition and adult service in Sheffield which gives the surrounding paediatric services somewhere to transition to and adult neurologists somewhere to send their patients who want to try Ketogenic Therapy where medications have failed. This service will allow the Sheffield team to continue supporting their current patients who are at the age of transition and to support new adult patients.

Matthew's Friends South Africa has been relaunched following on from the wonderful work that was started back in the 2000's, Matthew's Friends South Africa is under the watchful eye of President Kath Megaw RD.

Emma Williams sits on the Lancet Commission for Epilepsy as a patient representative and is working with a global team of experts in writing an international comprehensive epilepsy paper. Emma also sits on the ILAE Epilepsy Severity Scale Commission group.

Training

Our Ketogenic online tutorials for medical professionals continue to be available and are proving especially beneficial for those professionals in resource limited areas of the world as well as community professionals here in the UK.

We sponsored the 6th annual KetoCollege programme during May, which was held as a virtual event only. It was with a little trepidation as this was unfortunately postponed during 2020 due to Covid-19 so we were a little unsure what the response to a virtual only event would be but are happy to announce that over 500 professionals signed in over the 2 days, across 35 countries. It was very well received, with feedback suggesting that Ketogenic eLearning should be considered in the future.

Research

We continue to plan with and support initiatives from the Ketogenic Dietitians Research Network (KDRN), as well as facilitating research through our support of the International Neurological Ketogenic Society (INKS) and the provision of research networking through our work in hosting and supporting the bi-annual series of Global Symposium conferences.

Financial review

The financial statements are set out on pages 12 to 22. The financial statements have been prepared implementing the Statement of recommended Practice for Accounting and Reporting by Charities (FRS 102) issued by the Charities Commission for England and Wales. As stated in the introduction to this report, the trustees consider the financial performance by the charity during the year to have been satisfactory.

The principal sources of funding are through voluntary donations and this income stream continues to grow as the charity becomes more well known. In addition, income continues to be generated through organised fundraising events which ensures we have sufficient resources to meet our charitable objectives.

For the year ended 31st March 2022, the charity's accounts showed net outgoing resources of £12,224 (2021: outgoing resources £29,285) and charity reserves of £550,464 (2021: £562,688).

Policies on Reserves

In accordance with Charity Commission guidance, the Trustees regularly monitor and annually review the adequacy of the charity's reserves and the reserves policy.

The Trustees' policy is to retain sufficient reserves to ensure that any operating costs are met and that committed grants can be made.

The trustees have forecast the level of income for 2022/23 at £150,000 gross and £110,000 net before expenditure on charitable activities. This takes into account the positive impact on being able to once again hold organised events whilst being mindful of the risk of reduced voluntary donations during the recession.

The charity's reserves policy is to hold back sufficient funds to cover the fixed charity running costs, salary/freelance costs for 12 months and any essential variable costs necessary for healthy growth of the charity, which equates to £40,000 (2021: £30,000). All reserves over and above this retained amount are designated to charitable activities on an annual basis. The trustees do not consider a reserve fund is necessary to cover the cost of event organisation as historically charity run events have covered such costs and resulted in profit. Such events would not take place if a loss was anticipated.

Grant Making Policy

Once a year at the AGM, trustees decide the main focus of the charities grant making activities for the coming year, in line with the main charity aims and objectives. The CEO and relevant staff then engage directly with organisations that may be able to fulfil those objectives and once satisfied, contracts are drawn up and awards are made. Requests for funding are also received from third parties and these are considered on a case-by-case basis and approved subject to fulfilling charitable objectives and available resources.

Matthew's Friends Clinics Ltd is an independent limited company and owned jointly by the directors Emma Williams and Julie Fountain therefore any requests for grant funding from Matthew's Friends Clinics Ltd are considered solely by the 3 independent trustees, Valerie Aldridge, Richard Aldridge and Alan Johnson. In the coming year Matthew's Friends Clinics 2022/23 will be closing its clinical service and concentrating on the extension of its educational programmes.

Financial review *(continued)*

Incoming Resources

Christmas cards and merchandise were sold to raise money to provide for our free resources.

Fundraising has proven to be very difficult during this financial year, impacted by Covid-19. We are always extremely grateful to all those that donated during this time through Facebook and those who managed to fundraise by way of marathons, quiz nights and other activities that were able to go ahead once Covid restrictions has been lifted. We are also grateful to have received generous grants from our long term supporters: The Sydney and Phyllis Goldberg Trust and The Ellerdale Trust.

We continue to raise funds through appropriate website sponsorship, through the sale of advertisements in our newsletters and of course by the sales of merchandise available via our Matthew's Friends online shop.

We continued with our initiative via Social Media - Sugar Free for Epilepsy in November. This generated income and understanding of Ketogenic Diets to the charity's supporters.

Outgoing Resources

Costs have been incurred in order to fundraise as well as through provision of conferences and meetings to facilitate education and training in the Ketogenic Diet.

Expenditure has been incurred through funding of patient treatment at Matthews Friends Clinics Ltd.

Plans for future periods

We plan to continue fundraising next year through a number of fundraising and sponsorship activities. We will use funds raised to enable us to achieve our own charitable objectives.

We plan to continue attending and speaking at conferences in the UK and beyond for medical professionals, dieticians, patients and special interest groups.

We intend to continue to support Ketogenic Diet centres around the UK to allow them to support more patients on the Ketogenic Diet.

We plan to continue working with NHS centres to increase their services by way of education, training and supporting their business plan applications to Clinical Commissioning Group's and consider funding new ketogenic centres for adults and children where appropriate.

As part of our commitment to support adult ketogenic services, we have agreed to continue with the 2nd year of a 2-year dietetic funding grant to Sheffield Royal Hallamshire Hospital's Adult Ketogenic Service, which commenced in April 2021.

We continue to be the only UK charity 100% dedicated to medical Ketogenic Dietary Therapies and the support of families and health care professionals who are working with or using this treatment.

The trustees' annual report was approved on 22nd January 2023 and signed on behalf of the board of trustees by:

Mrs J Fountain
Trustee

Ms E Williams
Trustee

Matthews Friends Charity

Independent Examiner's Report to the Trustees of Matthews Friends Charity

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of Matthews Friends Charity ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

A. Maguire.

Mrs A Maguire
FCA
Independent Examiner

10 Clovelly Avenue
Warlingham
Surrey
CR6 9HZ

Matthews Friends Charity

Statement of Financial Activities

Year ended 31 March 2022

	Note	2022 Unrestricted funds £	2022 Total funds £	2021 Total funds £
Income and endowments				
Donations and legacies	4	175,606	**175,606**	70,229
Charitable activities	5	300,230	**300,230**	35,885
Other trading activities	6	750	**750**	5,323
Investment income	7	51	**51**	363
Total income		476,637	**476,637**	111,800
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	8	(5,071)	**(5,071)**	(7,143)
Costs of other trading activities	9	(9,686)	**(9,686)**	(13,334)
Investment management costs	10	(48)	**(48)**	–
Expenditure on charitable activities	11,12	(474,056)	**(474,056)**	(120,608)
Total expenditure		(488,861)	**(488,861)**	(141,085)
Net expenditure and net movement in funds		(12,224)	**(12,224)**	(29,285)
Reconciliation of funds				
Total funds brought forward		562,688	**562,688**	591,973
Total funds carried forward		550,464	**550,464**	562,688

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Matthews Friends Charity

Statement of Financial Position

31 March 2022

	Note	2022 £	£	2021 £
Fixed assets				
Tangible fixed assets	16		89	519
Current assets				
Debtors	17	34,436		39,449
Cash at bank and in hand		526,184		589,656
		560,620		629,105
Creditors: amounts falling due within one year	18	10,245		66,936
Net current assets			550,375	562,169
Total assets less current liabilities			550,464	562,688
Net assets			550,464	562,688
Funds of the charity				
Unrestricted funds			550,464	562,688
Total charity funds	19		550,464	562,688

These financial statements were approved by the board of trustees and authorised for issue on 22nd January 2023, and are signed on behalf of the board by:

Mrs J Fountain
Trustee

Ms E Williams
Trustee

The notes on pages 14 to 22 form part of these financial statements.

Matthews Friends Charity

Statement of Cash Flows

Year ended 31 March 2022

	2022	2021
	£	£
Cash flows from operating activities		
Net expenditure	**(12,224)**	(29,285)
Adjustments for:		
Depreciation of tangible fixed assets	**430**	505
Other interest receivable and similar income	**(51)**	(363)
Accrued (income)/expenses	**(56,288)**	66,413
Changes in:		
Trade and other debtors	**5,013**	(23,223)
Trade and other creditors	**(403)**	(231)
Cash generated from operations	**(63,523)**	13,816
Interest received	**51**	363
Net cash (used in)/from operating activities	**(63,472)**	14,179
Cash flows from investing activities		
Purchase of tangible assets	**–**	(770)
Net cash used in investing activities	**–**	(770)
Net (decrease)/increase in cash and cash equivalents	**(63,472)**	13,409
Cash and cash equivalents at beginning of year	**589,656**	576,247
Cash and cash equivalents at end of year	**526,184**	589,656

The notes on pages 14 to 22 form part of these financial statements.

Matthews Friends Charity

Notes to the Financial Statements

Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Piers Lane, Lingfield, Surrey, RH7 6PW.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The unaudited financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The unaudited financial statements are prepared in sterling, which is the functional currency of the entity.

Matthews Friends meets the definition of a public benefit entity under FRS 102.

Going concern

There are no material uncertainties about the charity's ability to continue.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

There are no significant areas requiring material judgements, estimates or assumptions.

Taxation

The charity is exempt from tax on income and gains to the extent that these are applied to its charitable objectives.

Pension costs

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Differences between contributions payable in the year and the contributions actually paid are shown as either accruals or prepayments on the balance sheet.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal and fall into one of two sub-classes: restricted income funds or endowment funds.

3. **Accounting policies** *(continued)*

Incoming resources

Income is accounted for when the charity has entitlement to the funds, receipt is probable, and the amount is measurable. Where income is received in advance of an event it is deferred until the charity is entitled to the income.

Income from donations and grants is included in income when these are receivable. When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the pre-conditions for use have been met. Interest is included when receivable by the charity.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting donations, grants and legacies and the costs of trading for fundraising purposes.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	-	20% straight line
Equipment	-	50% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Donations and legacies

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Donations				
Donations, Just Giving & Private Fundraisers	175,606	**175,606**	70,229	70,229

5. Charitable activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Conference Sponsorship & Delegate Income	299,930	**299,930**	–	–
Other Grants	300	**300**	35,885	35,885
	300,230	**300,230**	35,885	35,885

6. Other trading activities

	Unrestricted Funds £	**Total Funds 2022 £**	Unrestricted Funds £	Total Funds 2021 £
Fundraising Event Income	–	–	4,530	4,530
Merchandise Income	355	**355**	724	724
Buy At & Easy fundraising	395	**395**	69	69
	750	**750**	5,323	5,323

7. Investment income

	Unrestricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Total Funds 2021 £
Bank interest receivable	51	**51**	363	363

8. Costs of raising donations and legacies

	Unrestricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Total Funds 2021 £
Advertising & Promotion	2,010	**2,010**	3,693	3,693
Print, Postage & Stationary	1,161	**1,161**	1,544	1,544
Computer & Phone	1,900	**1,900**	1,906	1,906
	5,071	**5,071**	7,143	7,143

9. Costs of other trading activities

	Unrestricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Total Funds 2021 £
Organised Events Costs	1,417	**1,417**	4,021	4,021
Merchandise Costs	260	**260**	2,210	2,210
Administration Costs	8,009	**8,009**	7,103	7,103
	9,686	**9,686**	13,334	13,334

10. Investment management costs

	Unrestricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Total Funds 2021 £
Bank Charges	48	**48**	–	–

11. Expenditure on charitable activities by fund type

	Unrestricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Total Funds 2021 £
Website & Helpline Phone	7,599	**7,599**	7,624	7,624
Travel Costs	1,074	**1,074**	19	19
KDRN & INKS	13,796	**13,796**	–	–
Administration Costs	7,604	**7,604**	9,400	9,400
Conferences & Meetings	383,238	**383,238**	14,016	14,016
Chef & Recipe Funding	2,267	**2,267**	8,090	8,090
Other Grants Made (See note*)	49,412	**49,412**	73,348	73,348
Keto Starter Packs	6,956	**6,956**	5,993	5,993
Governance costs	2,110	**2,110**	2,118	2,118
	474,056	**474,056**	120,608	120,608

12. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	**Total funds 2022**	Total fund 2021
	£	£	**£**	£
Website & Helpline Phone	7,599	–	**7,599**	7,624
Travel Costs	1,074	–	**1,074**	19
KDRN & INKS	13,796	–	**13,796**	–
Administration Costs	7,604	–	**7,604**	9,400
Conferences & Meetings	383,238	–	**383,238**	14,016
Chef & Recipe Funding	2,267	–	**2,267**	8,090
Other Grants Made (See note*)	49,412	–	**49,412**	73,348
Keto Starter Packs	6,956	–	**6,956**	5,993
Governance costs	–	2,110	**2,110**	2,118
	471,946	2,110	**474,056**	120,608

* Grant funding activities are broken down as follows:

	2022
	£
MF Clinics Ltd – Ketogenic Diet Patient Treatment	25,490
Sheffield Teaching Hospital	22,647
Dietician Funding	836
Matthews Friends Netherlands	438
	49,412

13. Net expenditure

Net expenditure is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	**430**	505

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

The average head count of employees during the year was 2 (2021: 1). The average number of full-time equivalent employees during the year is analysed as follows:

	2022	2021
	No.	No.
Number of staff – Administrative	**2**	1

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

15. Trustee remuneration and expenses

The trustees received no remuneration during the current or prior year.

During the year, the trustees received the following re-imbursements of out-of-pocket expenses in relation to travel, accommodation and telephone/internet.

- Mrs Julie Fountain £240 (2021: £222)
- Ms Emma Williams £1,098 (2021: £719)

During the year the charity paid £3,669 for IT services to Teknicare Limited, a company incorporated in England, which the trustee Alan Johnson is a director and shareholder (2021: £1,447).

16. Tangible fixed assets

	Fixtures and fittings £	Equipment £	**Total £**
Cost			
At 1 April 2021 and 31 March 2022	1,028	4,745	**5,773**
Depreciation			
At 1 April 2021	894	4,360	**5,254**
Charge for the year	45	385	**430**
At 31 March 2022	939	4,745	**5,684**
Carrying amount			
At 31 March 2022	89	–	**89**
At 31 March 2021	134	385	519

17. Debtors

	2022 £	2021 £
Prepayments and accrued income	**4,295**	39,449
Other debtors	**30,141**	–
	34,436	39,449

18. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	**120**	523
Accruals and deferred income	**10,125**	66,413
	10,245	66,936

19. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	**At 31 March 2022 £**
General funds	562,688	476,637	(488,861)	**550,464**

	At 1 April 2020 £	Income £	Expenditure £	At 31 March 2021 £
General funds	591,973	111,800	(141,085)	562,688

The charity had the following designated funds:

	2022 £
International Neurological Ketogenic Society - INKS	23,035
Ketogenic Diet Research Network - KDRN	13,484
	36,519

20. Analysis of net assets between funds

	Unrestricted Funds £	**Total Funds 2022 £**
Tangible fixed assets	89	**89**
Current assets	560,620	**560,620**
Creditors less than 1 year	(10,245)	**(10,245)**
Net assets	550,464	**550,464**

	Unrestricted Funds £	Total Funds 2021 £
Tangible fixed assets	519	519
Current assets	629,105	629,105
Creditors less than 1 year	(66,936)	(66,936)
Net assets	562,688	562,688

21. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	**At 31 Mar 2022 £**
Cash at bank and in hand	589,656	(63,472)	**526,184**

22. Related parties

During the year, Matthew's Friends Charity sponsored a number of children to commence Ketogenic Diet Therapy through Matthews Friends Clinics Ltd which is owned and controlled by Mrs Julie Fountain and Ms Emma Williams, who are also trustees of the charity. The amount invoiced for this service during the year was £25,490 (2021: £26,035). In addition, Matthew's Friends Charity paid amounts totalling £40,000 to Matthews Friends Clinics Ltd for global event organisation (2021: £18,500).

During the year Matthews Friends Charity repaid expenses of £150 to Mathews Friends Clinics in relation to costs incurred on the charity's behalf. (2021: £150)

During the year Matthews Friends Charity received a donation of £57,500 from Matthews Friends Clinics Ltd to support the charity goals of raising awareness of the Ketogenic Diet and providing patient and professional training. (2021: £nil).

During the year Matthews Friends Charity received Ketogenic Cookery Services and used the facilities of Maureen Benn and Benn Bros who are related to the trustee Mrs Julie Fountain. The total invoiced for these services during the year was £4,033 (2021: £7,364).

No further transactions with related parties were undertaken such as are required to be disclosed under the provisions of FRS 102 Section 1A, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland'.

MATTHEWS FRIENDS

England & Wales - Charity number 1108016

Accounts

CHARITY REGISTRATION NUMBER: 1108016

Matthews Friends Charity

Unaudited Financial Statements

31 March 2021

Matthews Friends Charity

Financial Statements

Year ended 31 March 2021

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Matthews Friends Charity

Trustees' Annual Report

Year ended 31 March 2021

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

Reference and administrative details

Registered charity name	Matthews Friends Charity
Charity registration number	1108016
Principal office	@ Young Epilepsy St Piers Lane Lingfield Surrey
The trustees	Mrs J Fountain Mrs V Aldridge Mr R Aldridge Mr A Johnson Ms E Williams
Independent examiner	Mrs A Maguire FCA 10 Clovelly Avenue Warlingham Surrey CR6 9HZ

Structure, governance and management

Nature of the Governing Document and constitution of the charity

Matthews Friends is constituted under an original Declaration of Trust dated 25th October 2004 and supplemental deeds dated 24th October 2004 and 20th April 2011. It is registered as a charity with the Charity Commission.

The organisational structure of the charity and how decisions are made

The board of trustees consists of 5 individuals.

All policy decisions are made by the Board by majority vote.

Emma Williams, as CEO, is responsible for the day to day organisation of the charity, working closely with Julie Fountain on decision making matters.

In addition, there are sub-committees to organise and manage various events. There are regular board meetings throughout the year to discuss charity matters, culminating in an AGM.

Structure, governance and management ***(continued)***

The methods adopted for the recruitment, appointment, induction and training of new trustees

The appointment of Trustees is governed by the Declaration of Trust dated 25th October 2004 which established the Charity ("the Trust Deed"). Subject to the usual qualifications regarding mental capacity and the requirement that a Trustee must act in the best interests of the Charity at all times, the Trust Deed provides that Trustees shall be entitled to hold office for life. All Trustees must be at least aged 18 and there must at all times be a minimum of two and a maximum of eight Trustees. Under the Trust Deed a Trustee may also be appointed or removed by resolution of the Trustees.

Potential trustees make it known to the board that they are interested in becoming a trustee, or they are approached by an existing trustee.

- They are invited to attend a meeting to discuss the benefits they can bring to the charity.

- Existing trustees vote on whether the candidate is suitable.

- If the candidate is suitable, they are offered a position.

- The candidate then decides whether they will accept the position.

- Once accepted, the trustee is given promotional literature about the charity and directed to the charity website for further background information.

- New trustees are invited and encouraged to attend an introductory meeting with the management to meet the team and understand the charity structure. They are encouraged to ask questions and are given information about their obligations as trustees of the charity.

Conflict of Interest

Trustees are required to advise the other trustees where they have any personal interest in any activity or transaction of the charity and exclude themselves from any related discussions or voting.

Risk Management

The trustees have conducted a review of the major risks to which the charity is exposed.

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. External risks to funding have been considered and the development of a strategic plan which will allow for the diversification of funding and activities has been developed. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects.

All procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Objectives and activities

The objectives and main activities of the Charity are expressed in the Trust Deed and are "the general purposes of such charitable bodies or for such other purposes as shall be exclusively charitable as the Trustees may from time to time decide".

1. To publicise Ketogenic Dietary Therapies and make them more available to all those who should need it, be it child or adult.

2. Together with our medical board, give parents and patients an informed choice about the Ketogenic Diet and to source and provide the latest information available.

3. To support families and patients through their dietary therapy.

4. To support professionals in their administration of dietary therapies by way of literature, ketogenic starter packs and files, educational conferences and training meetings and provide funding, where possible.

5. To support Research projects into the efficacy of these dietary treatments for use in Epilepsy and other conditions, working with medical professionals to ensure our information is safe, relevant and current.

6. To support the Matthew's Friends Clinic in providing ketogenic therapy for patients where there is no local service available.

Public Benefit that is provided by the charity

- To support families on medical ketogenic dietary therapies.
- To fund professional training so that specialised doctors, dietitians, and nurses can give patients the best care and expertise.
- To educate and raise awareness of medical ketogenic dietary therapies to the public and medical community to increase recognition of this treatment.
- To fund research where possible into new areas of disease for medical ketogenic therapies.
- To improve delivery and management of medical ketogenic therapies, through education and development.
- To fund hospitals where possible, to increase ketogenic services throughout the UK and Ireland.

Contribution of volunteers

The charity relies on voluntary help to host fundraising events, conferences, and information days, as well as preparing and packing information and starter packs for families. Around 5 volunteers regularly assist the charity with these tasks.

Covid-19

At the close of our financial year, we are still living with the impact of Covid-19. As a small charity we have adapted quickly to this crisis and put in place measures to try and minimise the impact of the pandemic on our vital work. From an operational perspective we continued to implement a working rota system and introduce social distancing measures so as not to impact our day-to-day capabilities. Demand for our support services increased but we are fortunate to have a flexible team who can work from home where necessary. In areas where activities have decreased ie: fundraising, staff have been placed on furlough. Certain charitable activities which involved bringing patients and professionals together in large groups, like the 7th Global Symposium planned for October 2020 has been postponed to October 2021. Matthew's Friends are the Organiser's of this meeting on behalf of the Scientific & Organising Committees.

COVID 19 has had a significant impact on our ability to fundraise, as most of our income is generated through community fundraising and charitable events. However, we have no reason to believe that our corporate support will not continue for the foreseeable future.

The Trustees have resolved to increase reserves in order for us to meet our long-term plans, and this has been aided by a substantial bequest received last year which enables us to fulfil our current commitments and look positively towards the future.

Strategic Report

The following section for achievements, performance and financial review form the strategic report of the charity.

Achievements and performance

Each year we review and revise accordingly all our printed resources to make sure information is up to date. All our written resources are free to Ketogenic dietary therapy centres around the world and are checked and approved by our Medical Board. We took our most popular guide 'I Am Going on a Ketogenic Diet' and produced an 8 minute animated version, placed on our YouTube channel and website. This has proven very popular, and we plan to produce some foreign-language subtitled versions in the next financial year.

Our website continues to give invaluable information on ketogenic diets, along with our social media being a source of support, we have a busy Facebook page, Instagram and Twitter. Our 365-day support telephone line and voluntary regional co-ordinators continue to support individual families and health professionals. During this period, we overhauled and improved our Keto Recipe section, including introducing an effective search facility.

In April 2019 we launched our closed Facebook support forum for those families who are on medically supervised Ketogenic therapies. The forum has proved to be a key aspect of the support we provide, enabling families to come together any time of day or night to discuss all aspects of managing medical ketogenic dietary therapies. During the pandemic, we also funded 'Mindfulness' courses for our families in the forum. This gave them a safe space to come together in small groups and help them to try and cope with the extra burdens and worries that the pandemic brought with it.

We continue to provide free starter packs to all families across the UK and Ireland regardless of which centre they are under and in this period, we provided >180 of the packs, together with our child and adult ketogenic diet information packs. These packs are also provided to NHS dietitians, respite centres, hospices and schools. We have continued to provide Tried and Tested recipes freely to families and dietitians devised in our ketokitchen, as well as providing a bespoke recipe service for those families who are particularly struggling or who need additional help in recipe adjustments.

We fund a multi-platform mobile version of EKM, Electronic Ketogenic Manager, which is extremely beneficial to Ketogenic patients. The EKM is reviewed regularly, and updates are carried out where funds permit. A user guide has been written and printed for families which is reviewed annually, and we have also produced and filmed 'easy to use' tutorials for the EKM platform, narrated by our patron Fay Ripley.

Many of the meetings that are usually attended by the charity were cancelled or postponed due to the pandemic. We were pleased to attend the British Paediatric Neurology Association (BPNA) Virtual conference which included a Paediatric Neurology Charities Meeting in January 2021. We also supported National Epilepsy Week in May with the #morethanseizures campaign.

We continue to plan and organise the 7th Global Symposium on Ketogenic Dietary Therapies and although it was uncertain whether this would be purely online or a hybrid meeting, the decision was made to make the meeting a hybrid one and go ahead in October 2021. Planning is now fully underway for this meeting and the production of a series of pre-symposium webinars are in the process of being rolled out over the first 8 months of 2021 in preparation for the Global Symposium.

The Charity is a Founding Patron of INKS (International Neurological Ketogenic Society), acting as the secretariat for this society. Regular meetings continue to be held as this society moves forward to be registered and launched at the forthcoming 7th Global Symposium being held in October 2021.

Emma Williams also attended several meetings for the European Reference Network for Rare and Complex Epilepsies (EpiCARE) for which she is one of the leaders for the Dietary Therapies work package for Europe.

Emma Williams also serves on the Scottish Intercollegiate Guidelines Network (SIGN) as a parent representative and part of the team reviewing the Ketogenic Dietary Therapies section for the review of the Epilepsy Guidelines. The main guidelines have been completed and the version for young people has also now been completed.

Our work with Complex Epilepsy patients continues by supporting both Adults and Children through our supported clinic, where no local ketogenic service or funding is available. We are currently 1 of only 4 centres in the country that are actively supporting adult patients to be able to use ketogenic therapy to manage their drug resistant epilepsy.

Training

Our Ketogenic online tutorials for medical professionals continue to be available and are proving especially beneficial for those professionals in resource limited areas of the world as well as community professionals here in the UK. As the usual KetoCollege training meeting that the charity supports had to be postponed due to COVID, the charity put extra resources into the promotion of these online Tutorials and grants were made to medical centres that were desperate for training in using the diet. During this year, over 180 places were available in grants to medical professionals. The planned update of these tutorials has been postponed so that they will be done after the 7th Global Symposium to make sure they include the latest information possible.

Research

We were involved in writing the International Ketogenic Diet Consensus paper for adults which has now been published as well as supporting adult research centres and treatments centres around the UK and Ireland.

Emma Williams sits on the Lancet Commission for Epilepsy as a patient representative and is working with a global team of experts in writing an international comprehensive epilepsy paper.

Transactions and Financial position

The financial statements are set out on pages 11 to 23. The financial statements have been prepared implementing the Statement of recommended Practice for Accounting and Reporting by Charities (FRS 102) issued by the Charities Commission for England and Wales. As stated in the introduction to this report, the trustees consider the financial performance by the charity during the year to have been satisfactory.

The principal sources of funding are through voluntary donations and this income stream continues to grow as the charity becomes more well known. In addition, income continues to be generated through organised fundraising events which ensures we have sufficient resources to meet our charitable objectives.

For the year ended 31st March 2021, the charity's accounts showed net outgoing resources of £29,285 (2020: incoming resources £537,753) and charity reserves of £562,688 (2020: £591,973).

Policies on Reserves

In accordance with Charity Commission guidance, the Trustees regularly monitor and annually review the adequacy of the charity's reserves and the reserves policy.

The Trustees' policy is to retain sufficient reserves to ensure that any operating costs are met and that committed grants can be made.

The trustees have forecast the level of income for 2021/22 at £80,000 gross and £50,000 net before expenditure on charitable activities. This considers the likely impact of Covid-19 of the ability of the charity to raise funds with our own, and organised events cancelled.

The charity's reserves policy is to hold back sufficient funds to cover the fixed charity running costs, salary/freelance costs for 12 months and any essential variable costs necessary for healthy growth of the charity, which equates to £30,000 (2020: £30,000). All reserves over and above this retained amount are designated to charitable activities on an annual basis. The trustees do not consider a reserve fund is necessary to cover the cost of event organisation as historically charity run events have covered such costs and resulted in profit. Such events would not take place if a loss was anticipated.

Grant Making Policy

Once a year at the AGM, trustees decide the main focus of the charities grant making activities for the coming year, in line with the main charity aims and objectives. The CEO and relevant staff then engage directly with organisations that may be able to fulfil those objectives and once satisfied, contracts are drawn up and awards are made. Requests for funding are also received from third parties and these are considered on a case by case basis and approved subject to fulfilling charitable objectives and available resources.

Matthew's Friends Clinics Ltd is an independent limited company and owned jointly by the directors Emma Williams and Julie Fountain therefore any requests for grant funding from Matthew's Friends Clinics Ltd are considered solely by the 3 independent trustees, Valerie Aldridge, Richard Aldridge and Alan Johnson.

Incoming Resources

Christmas cards and merchandise were sold to raise money to provide for our free resources.

We continued with our initiative via Social Media - Sugar Free for Epilepsy in November. This generated income and understanding of Ketogenic Diets to the charity's supporters.

Fundraising was inevitably impacted by the lockdown during COVID-19, with almost all events not able to go ahead. We are grateful for those that donated during this time and through Facebook donations and fundraisers and for the generous grants received, notably from our long-term supporters, The Sydney & Phyllis Goldberg Trust and The Ellerdale Trust.

We continue to raise funds through appropriate website sponsorship and through the sale of advertising in our newsletters.

Merchandise sales whilst not generating huge amounts, still remain important in raising awareness of the charity and its objectives.

Outgoing Resources

Costs have been incurred in order to fundraise as well as through provision of conferences and meetings to facilitate education and training in the Ketogenic Diet.

Expenditure has been incurred through funding of patient treatment at Matthews Friends Clinics Ltd.

Plans for future periods

We plan to continue fundraising next year through a number of fundraising and sponsorship activities with our next Gala Dinner being scheduled for Autumn 2021 during the Global Symposium. We will use funds raised to enable us to achieve our own charitable objectives.

We plan to organise and host the postponed 7th Global Symposium from October 2020 in October 2021.

We plan to continue attending and speaking at conferences around the world for medical professionals, dieticians, patients and special interest groups.

We intend to continue to support Ketogenic Diet centres around the UK to allow them to support more patients on the Ketogenic Diet.

We plan to continue to fund individual patients through Ketogenic dietary therapy where there is no local service for them via our support grants to Matthew's Friends Clinics Ltd. whilst working with NHS centres to increase their services by way of education, training and supporting their business plan applications to Clinical Commissioning Group's and funding new ketogenic centres for adults and children where appropriate.

We plan to extend our remit of support, education and training to all medical conditions where Ketogenic dietary therapy has been indicated as a possible benefit. This will be by way of working with the relevant professionals in those specific areas, providing case studies and pre-clinical trial work as well as supporting training and education in these areas and funding where possible.

As part of our commitment to support adult ketogenic services, we have agreed during this year to commence a 2-year dietetic funding grant to Sheffield Royal Hallamshire Hospital's Adult Ketogenic Service, commencing from April 2021

We continue to be the only UK charity 100% dedicated to medical Ketogenic Dietary Therapies and the support of families and health care professionals who are working with or using this treatment.

Covid-19

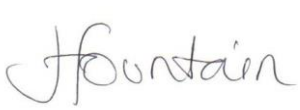
The initial impact of the COVID 19 pandemic was covered earlier in this report. The pandemic has continued to have a significant impact on the activities of the charity during 2020/21, most notably the postponement of the Global Symposium. The trustees continue to monitor the situation and seek alternative methods to meet the objectives and aims of the charity. In terms of the Global Symposium, this has been rescheduled for Autumn 2021 and the trustees have ensured that sufficient funds have been reserved to ensure both the success of the event and also any increased costs.

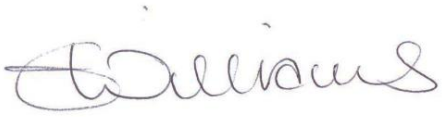
The pandemic highlighted the need to introduce new support strategies and we prepared and published a document on how to manage Medical Ketogenic Diets during a pandemic and lockdown. We continue working with other epilepsy organisations in helping them with the distribution of their COVID 19 information so as to reach as many families and patients as possible.

The Charity increased support for families by way of regular Zoom video conferencing sessions via our Facebook forum and also organising for guest professionals to attend some of these in order to support families further and answer any questions they may have during this unprecedented time as well as funding and putting on 'mindfulness' courses for families.

Our commitment to re-organise the postponed 7th Global Symposium from October 2020 is under constant review with the relevant international and national organisational committees with the plan to reschedule to October 2021.

The trustees' annual report was approved on 27 January 2022 and signed on behalf of the board of trustees by:





Mrs J Fountain
Trustee

Ms E Williams
Trustee

Matthews Friends Charity

Independent Examiner's Report to the Trustees of Matthews Friends Charity

Year ended 31 March 2021

I report to the trustees on my examination of the financial statements of Matthews Friends Charity ('the charity') for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity, you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

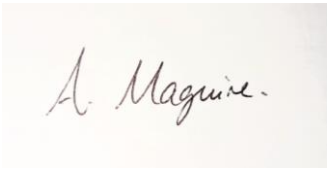
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or

2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Mrs A Maguire
FCA
Independent Examiner

10 Clovelly Avenue
Warlingham
Surrey
CR6 9HZ

27th January 2022

Matthews Friends Charity

Statement of Financial Activities

Year ended 31 March 2021

	Note	2021 Unrestricted funds £	2021 **Total funds £**	2020 Total funds £
Income and endowments				
Donations and legacies	**4**	70,229	**70,229**	562,933
Charitable activities	**5**	35,885	**35,885**	100,478
Other trading activities	**6**	5,323	**5,323**	10,785
Investment income	**7**	363	**363**	429
Total income		111,800	**111,800**	674,625
Expenditure				
Expenditure on raising funds:				
Costs of raising donations and legacies	**8**	(7,143)	**(7,143)**	(6,943)
Costs of other trading activities	**9**	(13,334)	**(13,334)**	(29,378)
Investment management costs	**10**	–	**–**	(32)
Expenditure on charitable activities	**11,12**	(120,608)	**(120,608)**	(100,519)
Total expenditure		(141,085)	**(141,085)**	(136,872)
Net (expenditure)/income and net movement in funds		(29,285)	**(29,285)**	537,753
Reconciliation of funds				
Total funds brought forward		591,973	**591,973**	54,220
Total funds carried forward		562,688	**562,688**	591,973

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Matthews Friends Charity

Statement of Financial Position

31 March 2021

	Note	2021 £	£	2020 £
Fixed assets				
Tangible fixed assets	**16**		**519**	254
Current assets				
Debtors	**17**	**39,449**		16,226
Cash at bank and in hand		**589,656**		576,247
		629,105		592,473
Creditors: amounts falling due within one year	**18**	**66,936**		754
Net current assets			**562,169**	591,719
Total assets less current liabilities			**562,688**	591,973
Net assets			**562,688**	591,973
Funds of the charity				
Unrestricted funds			**562,688**	591,973
Total charity funds	**19**		**562,688**	591,973

These financial statements were approved by the board of trustees and authorised for issue on 27 January 2022, and are signed on behalf of the board by:

Mrs J Fountain
Trustee

Ms E Williams
Trustee

Matthews Friends Charity

Statement of Cash Flows

Year ended 31 March 2021

	2021 £	2020 £
Cash flows from operating activities		
Net (expenditure)/income	**(29,285)**	537,753
Adjustments for:		
Depreciation of tangible fixed assets	**505**	120
Other interest receivable and similar income	**(363)**	(429)
Accrued expenses/(income)	**66,413**	(1,750)
Changes in:		
Trade and other debtors	**(23,223)**	(16,226)
Trade and other creditors	**(231)**	628
Cash generated from operations	**13,816**	520,096
Interest received	**363**	429
Net cash from operating activities	**14,179**	520,525
Cash flows from investing activities		
Purchase of tangible assets	**(770)**	(374)
Net cash used in investing activities	**(770)**	(374)
Net increase in cash and cash equivalents	**13,409**	520,151
Cash and cash equivalents at beginning of year	**576,247**	56,096
Cash and cash equivalents at end of year	**589,656**	576,247

The notes on pages 13 to 20 form part of these financial statements.

Matthews Friends Charity

Notes to the Financial Statements

Year ended 31 March 2021

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is St Piers Lane, Lingfield, Surrey, RH7 6PW.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The unaudited financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The unaudited financial statements are prepared in sterling, which is the functional currency of the entity.

Matthews Friends meets the definition of a public benefit entity under FRS 102.

Going concern

There are no material uncertainties about the charity's ability to continue.

Debtors

Other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

There are no significant areas requiring material judgements, estimates or assumptions.

Taxation

The charity is exempt from tax on income and gains to the extent that these are applied to its charitable objectives.

Pension costs

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Differences between contributions payable in the year and the contributions actually paid are shown as either accruals or prepayments on the balance sheet.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Income

Income is accounted for when the charity has entitlement to the funds, receipt is probable, and the amount is measurable. Where income is received in advance of an event it is deferred until the charity is entitled to the income.

Income from donations and grants is included in income when these are receivable. When donors impose conditions, which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in income until the pre-conditions for use have been met. Interest is included when receivable by the charity.

Expenditure

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with attracting donations, grants and legacies and the costs of trading for fundraising purposes.

- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, as set out in the notes to the accounts.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures & Fittings	-	20% straight line
Equipment	-	50% straight line

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

4. Donations and legacies

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Donations				
Donations, Just Giving & Private Fundraisers	70,229	**70,229**	562,933	562,933

5. Charitable activities

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2021 £**
Conference Sponsorship & Delegate Income	–	–	**–**
Other Grants	35,885	–	**35,885**
	35,885	–	**35,885**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Conference Sponsorship & Delegate Income	72,478	–	72,478
Other Grants	–	28,000	28,000
	72,478	28,000	100,478

6. Other trading activities

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Fundraising Event Income	4,530	**4,530**	10,120	10,120
Merchandise Income	724	**724**	538	538
Buy At & Easy fundraising	69	**69**	127	127
	5,323	**5,323**	10,785	10,785

7. Investment income

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Bank interest receivable	363	**363**	429	429

8. Costs of raising donations and legacies

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Advertising & Promotion	3,693	**3,693**	3,186	3,186
Print, Postage & Stationary	1,544	**1,544**	1,350	1,350
Computer & Phone	1,906	**1,906**	2,407	2,407
	7,143	**7,143**	6,943	6,943

9. Costs of other trading activities

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Organised Events Costs	4,021	**4,021**	14,820	14,820
Merchandise Costs	2,210	**2,210**	1,266	1,266
Administration Costs	7,103	**7,103**	13,292	13,292
	13,334	**13,334**	29,378	29,378

10. Investment management costs

	Unrestricted Funds £	**Total Funds 2021 £**	Unrestricted Funds £	Total Funds 2020 £
Bank Charges	–	**–**	32	32

11. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	**Total Funds 2021 £**
Website & Helpline Phone	7,624	–	**7,624**
Travel Costs	19	–	**19**
Administration Costs	9,400	–	**9,400**
Conferences & Meetings	14,016	–	**14,016**
Chef & Recipe Funding	8,090	–	**8,090**
Other Grants Made (See note*)	73,348	–	**73,348**
Keto Starter Packs	5,993	–	**5,993**
Governance costs	2,118	–	**2,118**
	120,608	–	**120,608**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Website & Helpline Phone	7,319	–	7,319
Travel Costs	5,717	–	5,717
Administration Costs	10,278	–	10,278
Conferences & Meetings	1,014	28,000	29,014
Chef & Recipe Funding	1,926	–	1,926
Other Grants Made (See note*)	34,298	–	34,298
Keto Starter Packs	10,187	–	10,187
Governance costs	1,780	–	1,780
	72,519	28,000	100,519

* Grants funding activities are broken down as follows:

	2021 **£**
MF Clinics – Ketogenic Diet Patient Treatment	54,548
Global Symposium Conference Sponsorship	18,500
Mindfulness Course	300
	73,348

12. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	**Total funds 2021 £**	Total fund 2020 £
Website & Helpline Phone	7,624	–	**7,624**	7,319
Travel Costs	19	–	**19**	5,717
Administration Costs	9,400	–	**9,400**	10,278
Conferences & Meetings	14,016	–	**14,016**	29,014
Chef & Recipe Funding	8,090	–	**8,090**	1,926
Other Grants Made (See note 11)	73,348	–	**73,348**	34,298
Keto Starter Packs	5,993	–	**5,993**	10,187
Governance costs	–	2,118	**2,118**	1,780
	118,490	2,118	**120,608**	100,519

13. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2021 £	2020 £
Depreciation of tangible fixed assets	**505**	120

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2021 £	2020 £

The average head count of employees during the year was 2 (2020: 2). The average number of full-time equivalent employees during the year is analysed as follows:

	2021 No.	2020 No.
Number of staff	**1**	1

No employee received employee benefits of more than £60,000 during the year (2020: Nil).

Key Management Personnel

Key management personnel include all persons that have authority and responsibility for planning, directing and controlling the activities of the company. The total compensation paid to key management personnel for services provided to the company was £8,323 (2020: £8,237)

15. Trustee remuneration and expenses

The trustees received no remuneration during the current or prior year.

During the year, the trustees received the following re-imbursements of out-of-pocket expenses in relation to travel, accommodation and telephone/internet.

- Mrs Julie Fountain £222 (2020: £819)
- Ms Emma Williams £719 (2020: £686)

During the year the charity paid £1,447 for computer equipment and services to Teknicare Limited, a company incorporated in England, which the trustee Alan Johnson is a director and shareholder (2020: £1,715).

16. Tangible fixed assets

	Fixtures and fittings £	Equipment £	**Total £**
Cost			
At 1 April 2020	1,028	3,975	**5,003**
Additions	–	770	**770**
At 31 March 2021	1,028	4,745	**5,773**
Depreciation			
At 1 April 2020	849	3,900	**4,749**
Charge for the year	45	460	**505**
At 31 March 2021	894	4,360	**5,254**
Carrying amount			
At 31 March 2021	134	385	**519**
At 31 March 2020	179	75	254

17. Debtors

	2021 £	2020 £
Prepayments and accrued income	**39,449**	16,226

18. Creditors: amounts falling due within one year

	2021 £	2020 £
Trade creditors	**523**	754
Accruals and deferred income	**66,413**	–
	66,936	754

19. Analysis of charitable funds

Unrestricted funds

	At 1 April 2020 £	Income £	Expenditure £	**At 31 March 2021 £**
General funds	591,973	111,800	(141,085)	**562,688**

	At 1 April 2019 £	Income £	Expenditure £	At 31 March 2020 £
General funds	54,220	646,625	(108,872)	591,973

20. Analysis of net assets between funds

	Unrestricted Funds £	**Total Funds 2021 £**
Tangible fixed assets	519	**519**
Current assets	629,105	**629,105**
Creditors less than 1 year	(66,936)	**(66,936)**
Net assets	562,688	**562,688**

	Unrestricted Funds £	Total Funds 2020 £
Tangible fixed assets	254	254
Current assets	592,473	592,473
Creditors less than 1 year	(754)	(754)
Net assets	591,973	591,973

21. Analysis of changes in net debt

	At 1 Apr 2020 £	Cash flows £	**At 31 Mar 2021 £**
Cash at bank and in hand	576,247	13,409	**589,656**

22. Related parties

During the year, Matthew's Friends Charity sponsored a number of children to commence Ketogenic Diet Therapy via a company called Matthews Friends Clinics which is owned and controlled by Mrs Julie Fountain and Ms Emma Williams, trustees of the charity. The amounts invoiced for this support and additional funding of professionals at the clinic during the year was £54,598. In addition, Matthew's Friends Charity sponsored a KetoCollge event run by Matthews Friends Clinics for £18,500 (2020: £28,113).

During the year the charity received Ketogenic Cookery Services and used the facilities of Maureen Benn and Benn Bros who are related to the trustee Mrs Julie Fountain. The total invoiced for these services during the year was £7,364 (2020: £2,946).